



Good times great neighborhoods



Good Times Winter 2005

Adopt-A-Center

The Adopt-A-Center program allows area organizations such as businesses, military units and service groups to join in partnership with a recreation facility. By giving just a minimum of three hours a month for a year, adopters can help enrich leisure experiences, expand programming, improve the self-esteem of youth participants, provide realistic role models, decrease at-risk youth behaviors, and foster the practice of community service and good citizenship.

Adoption opportunities are as diverse as Norfolk's recreation operations. There are 20 general recreation centers, two senior centers, a therapeutic recreation center devoted to persons with disabilities, and specialty centers in art, dance, music, aquatics, outdoor recreation and athletics.

The adopting organization will quickly recognize its ability to make a strong and lasting impact on a child's future. For more information about Adopt-A-Center and other ways your organization can "Help Dreams Grow," call 441-2400.

City of Norfolk Parks & Recreation Advisory Commission

Mr. Thomas O. Duffey

Dr. Vicki Swecker

The Honorable Hal. J. Bonney, Jr. (Chair)

Mr. George H. Curtis, III

Mr. Dwight W. McDowell, III (Vice-Chair)

Mr. John E. Roger

Mr. Jared Turner

Dr. Lillian P. Wright

The Parks and Recreation Advisory Commission serves in an advisory role to the Department of Neighborhood & Leisure Services (NLS). You may contact them by mail at 501 Boush Street, Norfolk, VA 23510, or by e-mail at neighborhoods@norfolk.gov.

Director's Message

THREE STEPS TO HEALTHY, STRONG, SUSTAINABLE COMMUNITIES!

Dear Neighbors,

Over the years, we have learned what it takes to build strong, sustainable, healthy neighborhoods. Our mission is to develop concrete ways that will help make Norfolk a great place to live, work and play. We accomplish this goal by offering programs that provide active, fun leisure activities in a community setting. This edition of the Good Times Great Neighborhoods publication exemplifies the three steps to make Norfolk a strong, sustainable and healthy place. They are Self-development, Community Development and Skills and Knowledge to building healthy neighborhoods.

As you know, we always offer a full array of educational, physical development, and recreational classes to help you feel good and energized about yourself and about your community.

Through participation in community events, classes and recreational activities you get to know your neighbor and, we hope, become friends. As your circle of friends and neighbors grow, you start to come together to work on common issues that will improve life for everyone in your community.

By providing the tools and resources available to all citizens of Norfolk, we offer the critical skills and knowledge it takes to work with civic leagues and community groups and guide neighborhoods to become self-sufficient, increase cooperation and provide the critical communication avenues that "grow" communities.

Through one of our star program, Neighborhood University, over a dozen specifically designed classes help achieve healthy strong neighborhoods. The classes range from Unleashing the Power of Personality to Fundamentals of Neighborhood Leadership PART 2 – Building Powerful Community Partnerships to Understanding Environmental Codes. The classes are free to the public and are taught by volunteer leaders of the community.

So take a few minutes and page through this edition of Good Times Great Neighborhoods and treat yourself to the many wonderful experiences of Athletics, Aquatics, Dance, Music, Fitness, Senior Activities, Visual Arts, Therapeutic Recreation, Art and Technology, and Neighborhood University. You'll be glad you did!

Please feel free to contact me personally, at 441-2400, to discuss your neighborhood's needs, ideas and suggestions.

Sincerely yours,

Dr. Laverne Parker-Diggs
Assistant City Manager
Acting Director of Neighborhood & Leisure Services

Mission

To enrich the quality of lives for our customers through building and maintaining stable, healthy and livable neighborhoods by preserving and enhancing the urban environmental setting; facilitating opportunities for self-renewal, skill-building, and fun; ensuring safe and habitable conditions for existing buildings; and fostering citizen involvement and a greater sense of community pride.

Vision

The Department of Neighborhood and Leisure Services, in partnership with community stakeholders, will be a leader in building, maintaining and preserving stable, healthy and livable neighborhoods in Norfolk.

Building Strong Neighborhoods

*Department of Neighborhood and
Leisure Services Administration*

Acting DirectorDr. Laverne Parker-Diggs
Assistant DirectorDeborah Morton
Business ManagerShirley Tyree
Public Information OfficerMaria Oropallo
Neighborhood ServicesStephanie Small
Neighborhood PreservationTina Orr
Neighborhood Service CenterJoyce Henry
Parks and Urban ForestryBob Alderman
Recreation Center OperationsJo Anne Jones
Senior ActivitiesJean Saunders
Special EventsAgatha Mears
Youth DevelopmentElsie Harold

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Good Times Great Neighborhoods is published three times per year by the City of Norfolk's Department of Neighborhood and Leisure Services. For information, call 441-2400 or visit www.norfolk.gov

A late fee of \$5.00 for residents and \$10.00 for non-residents will be imposed after the first day classes begin.

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Fee: Norfolk Resident

MAIL YOUR REGISTRATION TO:

Norfolk Neighborhood and Leisure Services
501 Boush Street, Norfolk, Virginia 23510

Athletics

The Tae Kwon Do program is a complete and comprehensive training program that allows students the opportunity to train in a quality atmosphere at a very affordable cost. Tae Kwon Do is an outstanding method for developing physical and mental health. Statistics show that true practitioners of the martial arts have a higher potential of accomplishment, greater self-esteem, self-confidence and a more keen ability to deal with stresses of every day life.

TAE KWON DO I - YOUTH BEGINNING

Activity#	Site	Day	Time	Date	Fee	NR Fee
JANUARY						
258401-01	Sherwood	Tu	5:00pm - 6:00pm	1/4 - 1/25	\$20	\$30
262401-02	Tarrallton	W	6:00pm - 7:00pm	1/5 - 1/26	\$20	\$30
212401-03	Bayview	Th	6:00pm - 7:00pm	1/6 - 1/27	\$20	\$30
228401-04	Fairlawn	F	5:00pm - 6:00pm	1/7 - 1/28	\$20	\$30

FEBRUARY

258401-05	Sherwood	Tu	5:00pm - 6:00pm	2/1 - 2/22	\$20	\$30
262401-06	Tarrallton	W	6:00pm - 7:00pm	2/2 - 2/23	\$20	\$30
212401-07	Bayview	Th	6:00pm - 7:00pm	2/3 - 2/24	\$20	\$30
228401-08	Fairlawn	F	5:00pm - 6:00pm	2/4 - 2/25	\$20	\$30

MARCH

258401-09	Sherwood	Tu	5:00pm - 6:00pm	3/1 - 3/29	\$20	\$30
262401-10	Tarrallton	W	6:00pm - 7:00pm	3/2 - 3/30	\$20	\$30
212401-11	Bayview	Th	6:00pm - 7:00pm	3/3 - 3/30	\$20	\$30
228401-12	Fairlawn	F	5:00pm - 6:00pm	3/4 - 3/25	\$20	\$30

APRIL

358401-13	Sherwood	Tu	5:00pm - 6:00pm	4/5 - 4/26	\$20	\$30
362401-14	Tarrallton	W	6:00pm - 7:00pm	4/6 - 4/27	\$20	\$30
312401-15	Bayview	Th	6:00pm - 7:00pm	4/7 - 4/28	\$20	\$30
328401-16	Fairlawn	F	5:00pm - 6:00pm	4/1 - 4/29	\$20	\$30

MAY

358401-17	Sherwood	Tu	5:00pm - 6:00pm	5/3 - 5/31	\$20	\$30
362401-18	Tarrallton	W	6:00pm - 7:00pm	5/4 - 5/25	\$20	\$30
312401-19	Bayview	Th	6:00pm - 7:00pm	5/5 - 5/26	\$20	\$30
328401-20	Fairlawn	F	5:00pm - 6:00pm	5/6 - 5/27	\$20	\$30

TAE KWON DO II - INTERMEDIATE

Activity#	Site	Day	Time	Date	Fee	NR Fee
JANUARY						
258402-01	Sherwood	Tu	6:00pm - 7:00pm	1/4 - 1/25	\$35	\$45
262402-02	Tarrallton	W	7:00pm - 8:00pm	1/5 - 1/26	\$35	\$45
212402-03	Bayview	Th	7:00pm - 8:00pm	1/6 - 1/27	\$35	\$45
228402-04	Fairlawn	F	6:00pm - 7:00pm	1/7 - 1/28	\$35	\$45

FEBRUARY

258402-05	Sherwood	Tu	6:00pm - 7:00pm	2/1 - 2/22	\$35	\$45
262402-06	Tarrallton	W	7:00pm - 8:00pm	2/2 - 2/23	\$35	\$45
212402-07	Bayview	Th	7:00pm - 8:00pm	2/3 - 2/24	\$35	\$45
228402-08	Fairlawn	F	6:00pm - 7:00pm	2/4 - 2/25	\$35	\$45

MARCH

258402-09	Sherwood	Tu	6:00pm - 7:00pm	3/1 - 3/29	\$35	\$45
262402-10	Tarrallton	W	7:00pm - 8:00pm	3/2 - 3/30	\$35	\$45
212402-11	Bayview	Th	7:00pm - 8:00pm	3/3 - 3/31	\$35	\$45
228402-12	Fairlawn	F	6:00pm - 7:00pm	3/4 - 3/25	\$35	\$45

APRIL

358402-13	Sherwood	Tu	6:00pm - 7:00pm	4/5 - 4/26	\$35	\$45
362402-14	Tarrallton	W	7:00pm - 8:00pm	4/6 - 4/27	\$35	\$45
312402-15	Bayview	Th	7:00pm - 8:00pm	4/7 - 4/28	\$35	\$45
328402-16	Fairlawn	F	6:00pm - 7:00pm	4/1 - 4/29	\$35	\$45

MAY

358402-17	Sherwood	Tu	6:00pm - 7:00pm	3 - 5/31	\$35	\$45
362402-18	Tarrallton	W	7:00pm - 8:00pm	5/4 - 5/25	\$35	\$45
312402-19	Bayview	Th	7:00pm - 8:00pm	5/5 - 5/26	\$35	\$45
328402-20	Fairlawn	F	6:00pm - 7:00pm	5/6 - 5/27	\$35	\$45

Coming in the Spring/Summer 2005: Group golf lessons, **Hook A Kid On Golf Camp** and other programs.

TAE KWON DO III - ADVANCED

Activity#	Site	Day	Time	Date	Fee	NR Fee
JANUARY						

258403-01	Sherwood	Tu	7:00pm - 8:00pm	1/4 - 1/25	\$50	\$60
262403-02	Tarrallton	W	7:00pm - 8:00pm	1/5 - 1/26	\$50	\$60
212403-03	Bayview	Th	7:00pm - 8:00pm	1/6 - 1/27	\$50	\$60
228403-04	Fairlawn	F	7:00pm - 8:00pm	1/7 - 1/28	\$50	\$60

FEBRUARY

258403-05	Sherwood	Tu	7:00pm - 8:00pm	2/1 - 2/22	\$50	\$60
262403-06	Tarrallton	W	7:00pm - 8:00pm	2/2 - 2/23	\$50	\$60
212403-07	Bayview	Th	7:00pm - 8:00pm	2/3 - 2/24	\$50	\$60
228403-08	Fairlawn	F	7:00pm - 8:00pm	2/4 - 2/25	\$50	\$60

MARCH

258403-09	Sherwood	Tu	7:00pm - 8:00pm	3/1 - 3/29	\$50	\$60
262403-10	Tarrallton	W	7:00pm - 8:00pm	3/2 - 3/30	\$50	\$60
212403-11	Bayview	Th	7:00pm - 8:00pm	3/3 - 3/31	\$50	\$60
228403-12	Fairlawn	F	7:00pm - 8:00pm	3/4 - 3/25	\$50	\$60

APRIL

358403-13	Sherwood	Tu	7:00pm - 8:00pm	4/5 - 4/26	\$50	\$60
362403-14	Tarrallton	W	7:00pm - 8:00pm	4/6 - 4/27	\$50	\$60
312403-15	Bayview	Th	7:00pm - 8:00pm	4/7 - 4/28	\$50	\$60
328403-16	Fairlawn	F	7:00pm - 8:00pm	4/1 - 4/29	\$50	\$60

MAY

358403-17	Sherwood	Tu	7:00pm - 8:00pm	5/3 - 5/31	\$50	\$60
362403-18	Tarrallton	W	7:00pm - 8:00pm	5/4 - 5/25	\$50	\$60
312403-19	Bayview	Th	7:00pm - 8:00pm	5/5 - 5/26	\$50	\$60
328403-20	Fairlawn	F	7:00pm - 8:00pm	5/6 - 5/27	\$50	\$60

ATHLETIC LEAGUE HIGHLIGHTS

Softball: Organizational Meeting February 22, 2005, 6:30 p.m. Location - TBD.
COED Season will begin April 15. Cost for COED: \$290/Team
All other divisions will begin April 18. Cost: \$350/Team

Reviving Baseball in the Inner City (R.B.I.)

R.B.I.: Organizational meeting March 9, 2005, 6:30 p.m. Location - TBD

Adult Men's Basketball - All-Star game will be held March 20, 2005.
Location and time TBD.

For more information on all these events - please call Athletics at 441-5834/35

If you do not see an activity or program that you are interested in, please call the Athletic Unit to see if and where it may be available.

Registration

Aquatics registration is held at pool sites only. Mail-in registration will not be accepted.

Registration will begin December 4, 2004 at 7:30 a.m. and will continue until classes are filled.

Aquatic Youth Classes

WATER BABY

Enjoy a shared activity with your child while learning water adjustments through movement exploration and games. For children ages 6 months to 2 years 11 months with parent or trusted adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
234103 01	HV	SAT	11:30-12:00pm	2/5-3/19	\$25/\$35	

PARENT TOT

Learn water adjustment and basic swim skills through games and movement exploration and games. For children ages 3 years to 4 years 11 months with parent or trusted adult.

Activity #	Site	Day	Time	Date	Fee/Non-Res
234103 03	HV	SAT	11:30-12:00pm	2/5-3/19	\$25/\$35

LEVEL I – INTRODUCTION TO WATER SKILLS

Helps students feel comfortable in the water. Safe entering into and exiting from water, swimming on front and back using arm and leg motion, front and back floating, arm and leg movements and water safety/lifejacket use are some of the skills which will be covered. (Ages 5-14)

Activity #	Site	Day	Time	Date	Fee/Non-Res
234104 08	HV	SAT	10-10:30am	2/5-3/19	\$25/\$35
234104 09	HV	SAT	11-11:30am	2/5-3/19	\$25/\$35
234104 10	HV	T&Th	06-06:30pm	2/8-3/10	\$25/\$35

LEVEL II – FUNDAMENTAL AQUATIC SKILLS

This course is designed to give the student success with fundamental aquatic skills. Swimming on side, treading water, changing from front to back floating positions and swimming on front and back using combined strokes are some of the skills which will be covered. Must have successfully completed Level I or demonstrate skills. (Ages 5-14)

Activity #	Site	Day	Time	Date	Fee/Non-Res
234105 07	HV	SAT	10:30-11am	2/5-3/19	\$25/\$35
234105 08	HV	SAT	11:30-12pm	2/5-3/19	\$25/\$35
234105 09	HV	T&Th	05:30-06pm	2/8-3/10	\$25/\$35

LEVEL III – STROKE DEVELOPMENT

Designed to build on skills taught in Level II. Some skills covered will be jumping into deep water from the side, survival floating, butterfly kick and body motion, diving and, front/back crawl. Must have successfully completed Level II or demonstrate skills. (Ages 7-15)

Activity #	Site	Day	Time	Date	Fee/Non-Res
234106 07	HV	SAT	10-10:50am	2/5-3/19	\$30/\$40
234106 08	HV	SAT	11-11:50am	2/5-3/19	\$30/\$40
234106 09	HV	W&F	05:30-6:20pm	2/16-3/18	\$30/\$40

LEVEL IV – STROKE IMPROVEMENT

Develops confidence in the skills learned previously and improves other aquatic skills. Breaststroke, butterfly, and elementary backstroke will be covered as well as introduction to several lifesaving skills. Must have successfully completed Level III or demonstrate skills. (Ages 8-16)

Activity #	Site	Day	Time	Date	Fee/No-Res
234107 03	HV	SAT	11-11:50am	2/5-3/19	\$30/\$40

HUNTERSVILLE POOL

Classes will begin February 5 due to scheduled maintenance during January. There will only be seven (7) sessions of swimming classes offered, but we will attempt to re-schedule missed classes. We apologize for any inconvenience to our loyal patrons during this time."

LEVEL V – STROKE REFINEMENT

This course will continue to refine and coordinate strokes learned previously. Additional skills covered will include pike and tuck surface dives, flip turns, and side stroke. (Ages 9-16)

Activity #	Site	Day	Time	Date	Fee/Non-Res
234108 02	HV	SAT	11-11:50pm	2/5-3/19	\$30/\$40

SILVER DOLPHINS SWIM TEAM

Competitive swim program for youth ages 5-18 years old. Must be able to swim 25 yards front and back crawl continuously. Practice times/days depending on skill level. Refines all competitive strokes, turns, and starts as well as developing endurance. Season runs January through March 2005. For more information go to www.norfolksilverdolphins.com.

Activity #	Site	Day	Time	Date	Fee/Non-Res
246110 01	NS/HV	TBA	TBA	TBA	\$50/\$60



LIFEGUARD TRAINING

Professional course that upon successful completion, provides participant with American Red Cross certifications in Lifeguard Training, First Aid and C.P.R for the Professional Rescuer. Must be 15 years of age or older. Student must pay fee. However, if employment is gained with the City of Norfolk during the summer of 2005 and works from the start of the summer season through Labor Day, he/she will get the course fee refunded. Students are responsible for purchase of their own books at the American Red Cross. A swimming pre test is required; call 441-1760 for Pre-Test dates.

Activity #	Site	Day	Time	Date	Fee/Non-Res
234117 03	HV	T&R	6:00-9:00pm	2/8-3/17	\$95/\$105



PRIVATE SWIM INSTRUCTION

A 30 minute tailor made instructional swim program designed for your specific needs. Choose your own personal trainer from any of our full time certified instructors. Learn basic swim skills, increase your endurance, or perfect your previously accomplished strokes. The program is designed to let you choose the days and times convenient for your busy schedule upon availability. Affordable price of \$15 for 30 minute session for Norfolk residents.

Activity #	Site	Day	Time	Date	Fee/Non-Res
234119 01	HV	TBA	TBA	TBA	\$15/\$25

Adult Classes

ADULT BEGINNER III

Introduces participants to front and back crawls, as well as fundamentals of treading water and diving. Survival skills introduced.

Activity #	Site	Day	Time	Date	Fee/Non-Res
234111 04	HV	SAT	10-10:50am	2/5-3/19	\$30/\$40
234111-05	HV	T&R	05:30-06:20pm	2/15-3/17	\$30/\$40

Aqua Muscle Toner

Experience the pleasure of a special toning for mature adults in the water. No swim skills needed for ages 40 and older.

Activity #	Site	Day	Time	Date	Fee/Non-Res
246113 05	HV	TWTh	9-9:50am	2/6-2/24	\$30/\$40
246113 06	HV	TWTh	9-9:50am	3/1-3/31	\$30/\$40

Aquatic Youth Classes

WATER BABY

Enjoy a shared activity with your child while learning water adjustments through movement exploration and games. For children ages 6 months to 2 years 11 months with parent or trusted adult.

Activity #	Site	Day	Time	Date	Fee/Non-Res
246103 02	NS	SAT	12-12:30pm	1/15-3/19	\$25/\$35

PARENT TOT

Learn water adjustment and basic swim skills through games and movement exploration and games. For children ages 3 years to 4 years 11 months with parent or trusted adult.

Activity #	Site	Day	Time	Date	Fee/Non-Res
246109 01	NS	SAT	12:30-1:00pm	1/15-3/19	\$25/\$35

LEVEL I – INTRODUCTION TO WATER SKILLS

Helps students feel comfortable in the water. Safe entering into and exiting from water, swimming on front and back using arm and leg motion, front and back floating, arm and leg movements and water safety/lifejacket use are some of the skills which will be covered. (Ages 5-14)

Activity #	Site	Day	Time	Date	Fee/Non-Res
246104 05	NS	SAT	10-10:30am	1/15-3/19	\$25/\$35
246104 06	NS	SAT	11-11:30am	1/15-3/19	\$25/\$35
246104 07	NS	W&F	06-06:30pm	1/12-2/11	\$25/\$35

LEVEL II – FUNDAMENTAL AQUATIC SKILLS

This course is designed to give the student success with fundamental aquatic skills. Swimming on side, treading water, changing from front to back floating positions and swimming on front and back using combined strokes are some of the skills which will be covered. Must have successfully completed Level I or demonstrate skills. (Ages 5-14)

Activity #	Site	Day	Time	Date	Fee/Non-Res
246105 04	NS	SAT	10:30-11am	1/15-3/19	\$25/\$35
246105 05	NS	SAT	11:30-12pm	1/15-3/19	\$25/\$35
246105 06	NS	W&F	06:30-07pm	1/12-2/11	\$25/\$35

LEVEL III – STROKE DEVELOPMENT

Designed to build on skills taught in Level II. Some skills covered will be jumping into deep water from the side, survival floating, butterfly kick and body motion, diving and, front/back crawl. Must have successfully completed Level II or demonstrate skills. (Ages 7-14)

Activity #	Site	Day	Time	Date	Fee/Non-Res
246106 04	NS	SAT	10-10:50am	1/15-3/19	\$30/\$40
246106 05	NS	SAT	11-11:50am	1/15-3/19	\$30/\$40
246106 06	NS	W&F	6-6:50pm	2/16-3/18	\$30/\$40

LEVEL IV – STROKE IMPROVEMENT

Develops confidence in the skills learned previously and improves other aquatic skills. Breaststroke, butterfly, and elementary backstroke will be covered as well as introduction to several lifesaving skills. Must have successfully completed Level III or demonstrate skills. (Ages 8-16)

Activity #	Site	Day	Time	Date	Fee/Non-Res
246107 02	NS	SAT	11-11:50am	1/15-3/19	\$30/\$40

LEVEL V – STROKE REFINEMENT

This course will continue to refine and coordinate strokes learned previously. Additional skills covered will include pike and tuck surface dives, flip turns, and side stroke. (Ages 9-16)

Activity #	Site	Day	Time	Date	Fee/Non-Res
246108 02	NS	SAT	12-12:50pm	1/15-3/19	\$30/\$40

SILVER DOLPHINS SWIM TEAM

Competitive swim program for youth ages 5-18 years old. Must be able to swim 25 front and back crawl continuously

Adult Classes

ADULT BEGINNER III

Introduces participants to front and back crawls, as well as fundamentals of treading water and diving. Survival skills introduced.

Activity #	Site	Day	Time	Date	Fee/Non-Res
146111 02	NS	Wed	6-6:50pm	9/15-11/17	\$30/\$40

ARTHRITIS WATER WORKOUT

This program is designed to help you feel better through gentle exercises in a heated pool. Adults with any type of arthritis can attend. Physician consent form is required.

Activity #	Site	Day	Time	Date	Fee/Non-Res
146112 04	NS	MWF	1-1:45pm	9/1-9/29	\$30/\$40
146112 05	NS	MWF	1-1:45pm	10/1-10/29	\$30/\$40
146112 06	NS	MWF	1-1:45pm	11/1-11/29	\$30/\$40
146112 07	NS	MWF	1-1:45pm	12/1-12/28	\$30/\$40

AQUAFRIENDS

Experience the pleasure of a special toning for mature adults in the water. For ages 40 and older.

Activity #	Site	Day	Time	Date	Fee/Non-Res
146113 04	NS	MWF	9-9:50am	9/1-9/29	\$30/\$40
146113 05	NS	MWF	9-9:50am	10/1-10/29	\$30/\$40
146113 06	NS	MWF	9-9:50am	11/1-11/29	\$30/\$40
146113 07	NS	MWF	9-9:50am	12/1-12/28	\$30/\$40



RIP-ROARING RIP-TIDES

Class is set up for individuals who want to work at a faster pace. Tones and increases flexibility and cardiovascular strength in the water. Swimming experience not necessary. For ages 16 and older.

Activity #	Site	Day	Time	Date	Fee/Non-Res
146114 04	NS	MWF	5-5:50pm	9/1-9/29	\$30/\$40
146114 05	NS	MWF	5-5:50pm	10/1-10/29	\$30/\$40
146115 06	NS	MWF	5-5:50pm	11/1-11/29	\$30/\$40
146115 07	NS	MWF	5-5:50pm	12/1-12/28	\$30/\$40

DEEP WATER POWER HOUR

Swimming skills not required! Aqua Joggers are provided. Strengthen and train the various muscles of your body in an exciting exercise environment. For ages 16 and older.

Activity #	Site	Day	Time	Date	Fee/Non-Res
146115 02	NS	SAT	10-11:00am	9/18-11/20	\$30/\$40

STROKE IMPROVEMENT AND SPEED CLINIC

December 21-24, 10 a.m.-12 noon.

Open to swimmers ages 6-18 who are able to swim at least 50 yards backstroke, breaststroke, freestyle and 25 yards butterfly. \$50 fee for all 4 sessions.

Will be held at Northside Pool.

Norfolk Silver Dolphins

IN NORFOLKSWIMMING MATTERS

Come join the FASTEST growing Youth TEAM SPORT in Norfolk.

The Norfolk Silver Dolphins are coached by professionally trained USA Swimming Coaches who have trained swimmers from beginners to Virginia Junior Olympics.

Open to all who want to LIVE LIFE and SWIM FAST

The Norfolk Silver Dolphins (ages 5 to 18) compete in all four competitive strokes Freestyle, Back, Breast & Butterfly. Learn them all!

Try-outs are at the beginning of every practice at Northside Aquatic Center, 8400 Tidewater Dr and/or Huntersville Aquatic Center, 830 Goff St.

You must be able to swim one length (25 yards) of the pool either Freestyle or Backstroke.

Swimmers train in 5 different swimming levels from Beginners (level I) 1x week (45 mins) to Advance (level V) 4 to 5 x week (90 mins)

Level I	1 - 2 x week	45 mins.
Level II	2 - 3 x week	45 - 60 mins.
Level III	2 - 3 x week	60 - 90 mins.
Level IV	2 - 4 x week	90 mins.
Level V	3-5 x week	90 mins.

NORFOLK SILVER DOLPHIN'S POOL TIME

Huntersville	Monday & Wednesday	6:00 to 7:30 pm
Northside	Tuesday	5:00 to 8:00 pm
Northside	Thursday	6:00 to 9:00 pm
Northside	Saturday	6:30 to 8:15 am

NSD competes in two leagues. **VCSL** (Virginia Community Swim League) and for our more competitive swimmers we are members of the **USA Swimming** League.

Our mission is to encourage all Norfolk children to "Swim for Life" The wonderful sport of swimming teaches the fundamentals of water safety plus offers body conditioning that develops strength in every muscle group - a powerful athletic advantage that will benefit other sports and also offer a lifetime of benefits. Come and be part of the FUN & Challenging sport of SWIMMING and join the Norfolk Silver Dolphins

For more Information call our **HOTLINE 664-7418** or visit our web site **NorfolkSilverDolphins.com**



Youth/Teen Dance Classes

Students who wish to participate in the June 2005 Dance Recital must take both Winter and Spring sessions of the same dance class. There is a \$25 to \$50 costume fee due in the beginning of February if you want to participate in the recital. We do not take new students in the spring classes that are performing in the recital. Please call before registering in the spring to see which classes are available for new students not performing in the recital.

Youth/Teen Dance Classes

CREATIVE DANCE

Introduce your child to the world of dance. This beginning class teaches self-awareness, self-expression, coordination, basic motor skills and interaction with other children. For children ages 4-6.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238301 03	Lakewood	Th	3:30pm-4:30pm	1/6-3/10	\$32	\$42
238301 04	Lakewood	F	4:00pm-5:00pm	1/7-3/11	\$32	\$42
238301 05	Lakewood	Sa	9:30am-10:30am	1/8-3/12	\$32	\$42
238301 06	Lakewood	Sa	10:30am-11:30am	1/8-3/12	\$32	\$42
238301 08	Crossroads	Tu	4:00pm-5:00pm	1/4-3/8	\$32	\$42
238301 09	Norview	W	4:30pm-5:30pm	1/5-3/9	\$32	\$42
238301 10	Titustown	W	4:30pm-5:30pm	1/5-3/9	\$32	\$42
238301 11	Bayview	W	5:00pm-6:00pm	1/5-3/9	\$32	\$42

CREATIVE DANCE II

This class continues and expands on the basic skills learned in Creative Dance. To register for this class, a 5 year old must have completed 3 consecutive sessions of Creative Dance. New 6 year old students must take at least 1 session of Creative I.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238302 01	Lakewood	F	5:30pm-6:30pm	1/7-3/11	\$32	\$42
238302 02	Lakewood	Sa	9:30am-10:30am	1/8-3/12	\$32	\$42
238302 03	Crossroads	Tu	5:00pm-6:00pm	1/4-3/8	\$32	\$42

AFRICAN DANCE

Come join the fun in this new and exciting class and learn the moves and the beats of African Dance. Ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238330 01	Merrimac	Sa	2:00pm-3:00pm	1/8-3/12	\$32	\$42

HOME SCHOOL BALLET

Join this class for home school students. To develop strength, flexibility, endurance, rhythm and grace, there is no better way than through dance. These are beginning level classes for ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238306 01	Lakewood	M	10:00am-11:00am	1/3-3/14	\$32	\$42

BALLET I

To develop strength, flexibility, and grace, there is no better way than through ballet. This is a beginning level class in one of the world's oldest dance forms. Class includes barre work and center floor work. For ages 7-13.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238307 01	Lakewood	Th	4:30pm-5:30pm	1/6-3/10	\$32	\$42
238307 02	Lakewood	F	5:00pm-6:00pm	1/7-3/11	\$32	\$42
238307 03	Lakewood	Sa	11:30am-12:30pm	1/8-3/12	\$32	\$42
238307 04	Norview	W	6:30pm-7:30pm	1/5-3/9	\$32	\$42

BALLET II

Begin a more serious study of steps and techniques with an emphasis on performance. Must have instructor's permission. Ages 8-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238308 01	Lakewood	F	6:00pm-7:30pm	1/7-3/11	\$45	\$55
238308 02	Norview	M	6:30pm-7:30pm	1/3-3/14	\$32	\$42

BALLET III

Continue your ballet training in a more serious study of steps and techniques with an emphasis on performance. Must have instructor's permission. Ages 10-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238309 01	Lakewood	Th	4:00pm-5:30pm	1/6-3/10	\$45	\$55
238309 02	Norview	Tu	6:30pm-7:30pm	1/4-3/8	\$32	\$42

BALLET, JUNIOR COMPANY I

Designed for those who wish to continue their ballet training with an emphasis on performance. Must have instructor's permission and/or completed Ballet I, II and III. For ages 9-18.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238310 01	Lakewood	M,W	4:00pm-5:30pm	9/20-11/24	\$85	\$95
238310 02	Norview	M & Th	5:30pm-6:30pm 4:30pm-5:30pm	9/20-12/9	\$59	\$69

BALLET, JUNIOR COMPANY II

Designed for those who wish to continue their ballet training with an emphasis on performance. Must have instructor's permission and/or completed Junior Company I. For ages 9-18.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238311 01	Lakewood	M,W	4:00pm-5:30pm	9/20-11/24	\$85	\$95

PRAISE DANCE

Come join this new and inspirational class dancing to the gospel in the spirit of praise and worship. Ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238329 01	Berkley	Tu	4:00pm-5:00pm	1/4-3/8	\$32	\$42

HIP HOP DANCE

Enjoy the energetic and self-expression of hip hop dance. These fast paced classes are designed for those who want to experience a fun and free form of dance. For ages 7-12.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238313 01	Lakewood	Th	5:30pm-6:30pm	1/6-3/10	\$32	\$42
238313 02	Bayview	W	6:00pm-7:00pm	1/5-3/9	\$32	\$42
238313 03	Lakewood	Sa	12:30pm-1:30pm	1/8-3/12	\$32	\$42

JAZZ DANCE I

Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and techniques of jazz dance. For ages 7-13.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238316 01	Lakewood	Th	6:30pm-7:30pm	1/6-3/10	\$32	\$42
238316 02	Lakewood	Sa	10:30am-11:30am	1/8-3/12	\$32	\$42
238316 04	Crossroads	Th	4:00pm-5:00pm	1/6-3/10	\$32	\$42
238316 05	Norview	Tu	5:30pm-6:30pm	1/4-3/8	\$32	\$42
238316 07	Titustown	Th	5:00pm-6:00pm	1/6-3/10	\$32	\$42

JAZZ DANCE II

Expand on the basics learned in level I. Must have taken 3 sessions of Jazz I and have instructor's permission. For ages 10-18.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238317 01	Lakewood	Th	5:30pm-6:30pm	1/6-3/10	\$32	\$42
238317 02	Norview	W	7:30pm-8:30pm	1/5-3/9	\$32	\$42

JAZZ DANCE III

A jazz performing group for ages 10 to 18. Must have taken Jazz I and II and have instructor's permission.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238319 01	Lakewood	Tu	6:00pm-7:00pm	1/4-3/8	\$32	\$42
238319 02	Norview	Th	6:30pm-7:30pm	1/6-3/10	\$32	\$42

JAZZ IV

This class is designed for advanced Jazz students. You must have a minimum of two years Ballet training and currently be enrolled in a Ballet class. You must also have completed Jazz III. Instructor's permission is required to register for this class. For ages 13-18.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238320 01	Lakewood	W	5:30pm-6:30pm	1/5-3/9	\$32	\$42

JAZZ DANCE FOR TEENS

This class is designed just for teens ages 12-17. Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and techniques of jazz dance. *The class at Norview is for those students with Jazz Dance experience and you need instructor's permission to register for this class.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238321 03*	Norview	Th	7:30pm-8:30pm	1/6-3/10	\$32	\$42
238321 04	Titustown	Th	7:00pm-8:00pm	1/6-3/10	\$32	\$42
238321 06	Merrimac	Tu	5:00pm-6:00pm	1/4-3/8	\$32	\$42

TAP FOR BOYS ONLY I

Learn different styles and techniques of Tap in a class designed for boys only. This is a beginning level that is fun, excellent exercise, easy to learn and one of the best ways to develop a sense of rhythm. For ages 7-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238322 01	Lakewood	F	4:00pm-4:45pm	1/7-3/11	\$32	\$42

TAP FOR BOYS ONLY II

Expand on the basics learned in Tap For Boys I. This is an advanced beginner's class. Must have taken 3 sessions of Tap I and have instructor's permission. For ages 9-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238323 01	Lakewood	F	4:30pm-5:30pm	1/7-3/11	\$32	\$42

TAP DANCE I

Let your feet do the talking! Learn different styles and techniques of the only dance form that has its origins in America. This is a beginning level class that is fun, excellent exercise, easy to learn and one of the best ways to develop a sense of rhythm. For ages 7 to 15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238324 01	Lakewood	Tu	4:00pm-5:00pm	1/4-3/8	\$32	\$42
238324 02	Lakewood	F	6:30pm-7:30pm	1/7-3/11	\$32	\$42
238324 03	Lakewood	Sa	11:30am-12:30pm	1/8-3/12	\$32	\$42
238324 05	Norview	W	5:30pm-6:30pm	1/5-3/9	\$32	\$42

TAP DANCE II

Expand on the basics learned in Tap I. This is an advanced beginner's class. Must have taken 3 sessions of Tap I and have instructor's permission. For ages 9-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238325 01	Lakewood	Tu	5:00pm-6:00pm	1/4-3/8	\$32	\$42
238325 02	Norview	Th	5:30pm-6:30pm	1/6-3/10	\$32	\$42

Dance

TAP DANCE III

An intermediate level class for teens age 10 to 15 who have taken Tap I and II and have instructor's permission.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238326 01	Lakewood	Tu	4:00pm-5:00pm	1/4-3/8	\$32	\$42
238326 02	Norview	M	7:30pm-8:30pm	1/3-3/14	\$32	\$42

TAP DANCE IV

Challenge yourself to improve your technique and knowledge in this advanced class. Must have taken Tap III and have instructor's permission. For ages 12-15.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238327 01	Lakewood	Tu	5:00pm-6:00pm	1/4-3/8	\$32	\$42

Teen/Adult Dance Classes

Students who wish to participate in the June 2005 Dance Recital must take both Winter and Spring sessions of the same dance class. There is a \$25 to \$50 costume fee due in the beginning of February if you want to participate in the recital. We do not take new students in the spring classes that are performing in the recital. Please call before registering in the spring to see which classes are available for new students not performing in the recital.

BALLET I

There is no better way, than through ballet, to develop strength, flexibility, and grace. This is a beginning level class in one of the oldest dance forms. Class includes barre work and center floor work. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238341 01	Lakewood	M	11:00am-12:30pm	1/3-3/14	\$45	\$55

TEEN/ADULT BALLET

To develop strength, flexibility, and grace, there is no better way than through ballet. This is a beginning level class in one of the worlds' oldest dance forms. Class includes barre work and center floor work. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238342 01	Lakewood	W	7:00pm-8:00pm	1/5-3/9	\$32	\$42

BALLROOM/SOCIAL DANCE

Learn the dances you've always wanted to know. This class teaches the basic steps of the rhumba, waltz, cha cha, samba, fox trot, tango, swing, and mambo. Dances will be covered as time permits. Call 441-5833 to see what dances are being covered in this session. Partners are not provided but you may still take a class without a partner. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238343 01	Lakewood	M	8:30pm-9:30pm	1/3-3/14	\$32	\$42

BELLY DANCE FOR WOMEN I

Come and learn the ancient art of Middle Eastern Belly Dance For Women. This ethnic dance tones muscles, teaches isolations, and allows for relaxation and fun. Class outline will consist of warm-ups, basic moves and isolations, choreography, and self-interpretation of music. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238345 02	Lakewood	Th	7:30pm-8:30pm	1/6-3/10	\$32	\$42

BELLY DANCE FOR WOMEN II

Expand on the techniques learned in Belly Dance For Women I. This ethnic dance tones muscles, teaches isolations, and allows for relaxation and fun. Class outline will consist of warm-ups, basic moves and isolations, choreography, and self-interpretation of music. Ages 16-adult. Must have instructor's permission to register.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238346 01	Lakewood	Th	8:30pm-9:30pm	1/6-3/10	\$32	\$42

CLOGGING

Experience a true American folk dance that originated in the Appalachian Mountains. Class will cover the basic rhythmic clogging steps, mountain figures, and line dances. Hard-soled shoes with a slick bottom are recommended. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238347 01	Lakewood	M	7:30pm-8:30pm	1/3-3/14	\$32	\$42

COUNTRY-WESTERN LINE DANCE I

Learn the traditional line dances plus some current trends in country line dancing. Class will include one, two, and four wall dances as well as circle dances. No partner required. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238349 01	Lakewood	Tu	12:30pm-1:30pm	1/4-3/8	\$32	\$42
238349 03	OV Sr. Ctr.	Th	10:00am-11:00am	1/6-3/10	\$32	\$42

COUNTRY-WESTERN LINE DANCE II

Designed to continue where Country-Western Line Dance I left off. Intermediate and advanced levels of one, two, and four wall dances and circle dances will be taught. No partner required. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238350 01	Lakewood	W	10:30am-11:30am	1/5-3/9	\$32	\$42
238350 02	OV Sr. Ctr.	Th	11:00am-12:00pm	1/6-3/10	\$32	\$42

HIP HOP DANCE

Enjoy the energetic and self-expression of hip hop dance. These fast paced classes are designed for those who want to experience a fun and free form of dance. For ages 13-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238312 01	Lakewood	W	8:00pm-9:00pm	1/5-3/9	\$32	\$42

LYRICAL DANCE

Lyrical Dance is an emotionally charged ballet-based dance form. It also combines modern technique. You must have some ballet experience to register for this class. Ages 12-adult.

Activity#	Site	Day	Time	Date	Fee	NR Fee
238315 01	Lakewood	Tu	8:00pm-9:00pm	1/4-3/8	\$32	\$42

JAZZ/BROADWAY STYLE

Lights! Camera! Action! This beginning level class will offer a unique variety of styles as seen in popular Broadway musicals such as "A Chorus Line," "Chicago," and "Fosse." Elements of all forms of dance will be explored. No previous dance experience necessary. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238352 01	Lakewood	W	8:00pm-9:00pm	1/5-3/9	\$32	\$42

JAZZ DANCE I

Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies or musical theater stage and television. This beginner's class will include various styles, basic patterns, and techniques. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238353 01	Lakewood	Tu	8:00pm-9:00pm	1/4-3/8	\$32	\$42
238353 02	Norview	Tu	7:30pm-8:30pm	1/4-3/8	\$32	\$42
238353 03	Crossroads	Tu	6:00pm-7:00pm	1/4-3/8	\$32	\$42

JAZZ DANCE II

Expand on the styles, terminology and techniques of jazz dance. This intermediate class has an emphasis on performance. For those who have taken Jazz I and with instructor's permission. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238354 01	Lakewood	W	6:00pm-7:00pm	1/5-3/9	\$32	\$42

JAZZ DANCE III

Performance oriented class for those with 3 or more years of jazz technique. Different styles of jazz with elements of ballet and modern dance are included. Instructor's permission only. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238355 01	Lakewood	Tu	6:30pm-8:00pm	1/4-3/8	\$45	\$55

BROADWAY TAP

Come and learn tap routines to old and new Broadway show tunes. Class open for experienced tappers only. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238356 01	Lakewood	Tu	11:30am-12:30pm	1/4-3/8	\$32	\$42

TAP DANCE I

Let your feet do the talking! Learn different styles and techniques of the only dance form that has its origins in America. This beginning level class is fun, excellent exercise and easy to learn. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238357 01	Lakewood	M	6:30pm-7:30pm	1/3-3/14	\$32	\$42
238357 02	Lakewood	Tu	9:30am-10:30am	1/4-3/8	\$32	\$42

TAP DANCE II

Expand on the basics learned in Tap I. This is an advanced beginners class. You must have taken 3 sessions of Tap I or have instructor's permission. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238358 01	Lakewood	M	7:30pm-8:30pm	1/3-3/14	\$32	\$42
238358 02	Lakewood	Tu	11:30am-12:30pm	1/4-3/8	\$32	\$42
238358 03	Lakewood	Th	11:00am-12:00pm	1/6-3/10	\$32	\$42



TAP DANCE III

Advance to this intermediate level class that includes an emphasis on performance. Must have taken Tap II or have instructor's permission. Ages 16-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238359 01	Lakewood	W	7:00pm-8:00pm	1/5-3/9	\$32	\$42

TAP FOR TEENS/ADULTS

This is an advanced class for ages 16-adult. Elements of Jazz Dance are incorporated in this class. Must have instructor's permission.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238360 01	Lakewood	M	5:30pm-6:30pm	1/3-3/14	\$32	\$42

Teen/Adult Fitness Classes

SPECIAL PROGRAM - "It's My Heart" Symposium

Good health should be the foundation of every good fitness program, with heart health at the forefront. On February 12th, 2005 at 1:00pm you are invited to attend our second symposium titled "It's My Heart." A health care worker will examine and explore pertinent heart health targeting issues specific for women. Two guests have agreed to speak on their heart crises. Finally the floor will be open for question and answers. Please join us in our continuing effort to provide a complete physical fitness program. Program free to the public. RSVP: 441-5833.

NEW!

START YOUR DAY WITH STRETCH & TONE

This new class is a great way to supplement an existing aerobic program. Stretch and tone major muscle groups with or without resistance. All classes include a warm-up and cool down. There will be 2 five-week sessions. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238409 01	Lakewood	W	8:30am-9:15am	1/5-2/2	\$12	\$22
238409 02	Lakewood	F	8:30am-9:15am	1/7-2/4	\$12	\$22
238409 03	Lakewood	W	8:30am-9:15am	2/9-3/9	\$12	\$22
238409 04	Lakewood	F	8:30am-9:15am	2/11-3/11	\$12	\$22

NEW! YOGA

A positive, encouraging beginner course designed to introduce you to yoga. We will always begin and end with a few minutes of relaxation. Proper breathing skills will be emphasized and various asanas (poses) will be practiced. We will also perform additional flexibility exercises to enhance posture, movement and function in everyday life. Modifications to exercises will be demonstrated. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238408 01	Lakewood	W	10:30am-11:30am	1/5-3/9	\$25	\$35

PILATES STYLE EXERCISE I

A series of simple, yet challenging, exercises designed to tone, strengthen, and lengthen muscles. An integration of classical ballet, yoga, and the firming techniques created by Joseph Pilates. Stretch bands are incorporated into the class. Modifications can be made. All classes include a warm-up and cool down. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238401 01	Lakewood	M	10:00am-11:00am	1/3-3/14	\$25	\$35
238401 02	Lakewood	F	9:30am-10:30am	1/7-3/11	\$25	\$35

PILATES STYLE EXERCISE II

A continuation of the Pilate Style Exercise I Class. An integration of classical ballet, yoga, and the firming techniques created by Joseph Pilates. Stability balls and stretch bands are incorporated into the class. Modifications can be made. All classes include a warm-up and cool down. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity#	Site	Day	Time	Date	Fee	NR Fee
238400 01	Lakewood	W	9:30am-10:30am	1/5-3/9	\$25	\$35



SENIOR-CIZE

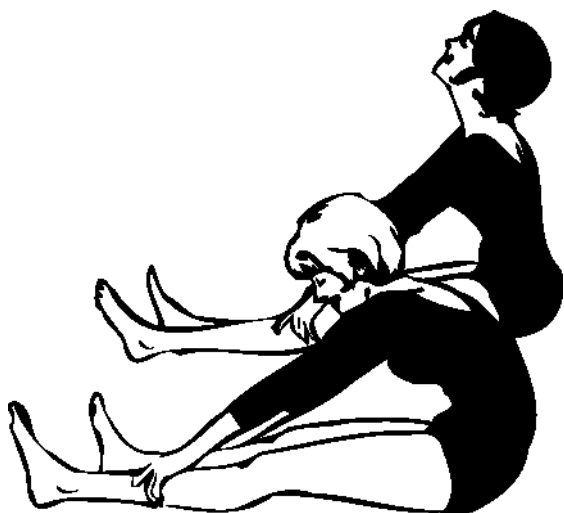
Focus on building or maintaining strength, flexibility and range of motion. Exercise to music standing and/or seated with weights and stretch bands. Tennis shoes and street clothes. No special clothing or equipment required. Three class rules – Show up, Move Something, Smile! Please note that winter exercise classes run for 10 weeks. Ages 55+.

Activity#	Site	Day	Time	Date	Fee	NR Fee
238407 01	Titustown	M,W,F	10:15am-11:00am	1/3-3/11	\$75	\$85

LOW IMPACT EXERCISE AND STRETCH

Feel good again! Increase your energy level, improve your health, and tone muscles in an aerobic workout without jarring joints. Class includes warm-ups, aerobic exercises, and a cool-down. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238402 01	Lakewood	M	6:30pm-7:30pm	1/3-3/14	\$25	\$35
238402 02	Lakewood	Tu	10:30am-11:30am	1/4-3/8	\$25	\$35
238402 03	Lakewood	W	9:30am-10:30am	1/5-3/9	\$25	\$35
238402 04	Lakewood	Tu	9:30am-10:30am	1/4-3/8	\$25	\$35
238402 05	Lakewood	Th	6:30pm-7:30pm	1/6-3/10	\$25	\$35
238402 06	Lakewood	F	9:30am-10:30am	1/7-3/11	\$25	\$35
238402 07	Titustown	Tu	12:00pm-1:00pm	1/4-3/8	\$25	\$35



STEP AEROBICS

Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping and hand weight workouts. Class includes warm-up, bench exercises, muscle toning, and a cool-down. Benches are provided. If you have never taken exercises classes before we suggest you start with the Low Impact Exercise and Stretch before taking Step Aerobics. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238403 01	Lakewood	M	5:30pm-6:30pm	1/3-3/14	\$25	\$35
238403 02	Lakewood	Sa	8:30am-9:30am	1/8-3/12	\$25	\$35

STRETCH AND TONE WITH STABILITY BALLS

Want to enhance the quality of your life by improving your strength, stamina, and flexibility? Add definition and create lean muscle while toning your trouble spots. Through focused strengthening and stretching, increase balance, improve posture and become more flexible. This class will help you achieve a more positive mind/body balance using a variety of toning and stretching tools, including stability balls, weights, bands, and towels as well as your own body weight. All classes include a warm-up and cool down. Please bring a towel and water bottle to class. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity#	Site	Day	Time	Date	Fee	NR Fee
238405 02	Lakewood	F	10:30am-11:30am	1/7-3/11	\$25	\$35

WEIGHT RESISTANCE TRAINING

Would you like to develop additional muscle toning and defining without bulk? This is a moderately paced class geared toward these goals. All classes include a warm-up and cool down. Equipment will be provided. Class size is limited so register early. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday or is cancelled due to weather, you may make it up in another class during the session. Call 441-5833 for available make up classes. Please note that winter exercise classes run for 10 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238404 02	Lakewood	Th	7:30pm-8:30pm	1/6-3/10	\$25	\$35
238404 03	Lakewood	Tu	7:00pm-8:00pm	1/4-3/8	\$25	\$35

YOU'RE INVITED!

ANNUAL WINTER "DANCE MAGIC" RECITAL

Come enjoy an evening of beauty, grace and talent. The Norfolk Department of Neighborhood and Leisure Services presents the annual "Dance Magic" Recital on Thursday, December 9, 2004 at 6:00pm at the Harrison Opera House. For ticket information call 441-5833.

Private Music Lessons For Youth, Teens And Adults

OVER EIGHTY PRIVATE MUSIC LESSONS ARE OFFERED AT SEVERAL SITES. PRIVATE LESSONS ARE AVAILABLE AT ANY LEVEL FOR PIANO, VOICE, GUITAR, STRINGS, (Violin, Viola, Cello, or String Bass), PERCUSSION (Snare Drum, Xylophone, Drum Set), SAXOPHONE, CLARINET, FLUTE, and ELECTRIC BASS GUITAR. Classes are 1 hour per week for ten weeks. Books cost extra. Ages 7-adult. Because of limited room availability, students will not be able to make up lessons if they cancel. **TO REGISTER FOR PRIVATE LESSONS, YOU HAVE TO CALL 441-5833 FOR AVAILABILITY AND BRING YOUR REGISTRATION TO LAKEWOOD DANCE/MUSIC CENTER.** Private lessons are \$110 for Norfolk Residents and \$120 for Non-Residents. All Private Lessons begin the week of January 3rd.

Group Youth/Teen Music Classes

VERY BEGINNER GUITAR

Bring your guitar and strum along with us! A beginning guitar class for youth ages 11-17.

Activity #	Site	Day	Time	Date	Fee	NR Fee
238508 01	Fairlawn	M	6:30pm-7:30pm	1/3-3/14	\$37	\$47

INTERMEDIATE GUITAR

This is the continuing class for students who have had one session of Very Beginner Guitar. For ages 11-17.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238509 01	Fairlawn	M	7:30pm-8:30pm	1/3-3/14	\$37	\$47

RHYTHM BAND

The rhythm is going to get you! Designed to help children ages 4 to 6 develop a clear sense of rhythm. Children will learn about percussion instruments while using them in rhythm games and to accompany music. Ages 4-6. Instruments provided.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238510 01	Lakewood	Th	5:30pm-6:00pm	1/6-3/10	\$32	\$42

MUSIC EXPLORATION

Explore rhythms and note reading through the use of recorder, bells and percussion instruments. For youth ages 7-9. Class is pre-requisite for Very Beginner Piano. (Not required if enrolling in private piano.) Instruments provided.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238511 01	Lakewood	Tu	6:00pm-6:30pm	1/4-3/8	\$32	\$42

BEGINNER HOME SCHOOL FLUTE

Bring your flute and toot your flute in a beginning class for home school students. For ages 7-12.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238537 01	Lakewood	Tu	10:30am-11:30am	1/4-3/8	\$37	\$47

VERY BEGINNER PERCUSSION

Have you ever wanted to play Drum Set in a Rock Band? A beginning class for students wanting instruction on snare drum and drum set. After first class, you will need to purchase a practice pad, drumsticks and book. For ages 10-17.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238512 01	Lakewood	M	4:00pm-5:00pm	1/3-3/14	\$37	\$47

INTERMEDIATE PERCUSSION

A continuing class for students who have already had one session of Very Beginner Percussion. For ages 10-17.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238513 01	Lakewood	M	5:00pm-6:00pm	1/3-3/14	\$37	\$47





VERY BEGINNER PIANO

Tickle the ivories in a piano class for students ages 7-12 who have never had piano. Students 7-9 must have taken Music Exploration. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238514 01	Lakewood	W	5:30pm-6:00 pm	1/5-3/9	\$32	\$42

GREEN BOOK PIANO

A continuing class for students who are using the green Primer Level Glover Book. For ages 7-12. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238515 01	Lakewood	Tu	6:30pm-7:00pm	1/4-3/8	\$32	\$42
238515 02	Lakewood	Th	4:30pm-5:00pm	1/6-3/10	\$32	\$42
238515 04	Lakewood	F	5:00pm-5:30pm	1/7-3/11	\$32	\$42
238515 05	Lakewood	W	6:30pm-7:00pm	1/5-3/9	\$32	\$42
238515 06	Lakewood	Th	6:00pm-6:30pm	1/6-3/10	\$32	\$42

BLUE BOOK PIANO

A continuing class for students who are using the blue Level One Glover Book. For ages 7-12. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238516 01	Lakewood	Tu	7:00pm-7:30pm	1/4-3/8	\$32	\$42
238516 04	Lakewood	F	5:30pm-6:00pm	1/7-3/11	\$32	\$42

RED BOOK PIANO

A continuing class for students who are using the red Level Two Glover Book. For ages 7-12. Books cost extra.

Activity#	Site	Day	Times	Date	Fee	NR Fee
238517 04	Lakewood	Tu	7:30pm-8:00pm	1/4-3/8	\$32	\$42

SAXOPHONE/CLARINET

Toot your horn! Use your saxophone (alto, tenor or baritone) or clarinet to learn proper breath control, intonation, articulation, note reading and rhythms. For students at any level. For ages 10 - 17. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238519 01	Lakewood	F	7:00pm-8:00pm	1/7-3/11	\$37	\$47

Group Teen/Adult Music Classes

VERY BEGINNER GUITAR

Bring your guitar and strum along with us! A guitar class for beginning students ages 13-Adult. Book cost is extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238508 01	Fairlawn	M	6:30pm-7:30pm	1/3-3/14	\$37	\$47

INTERMEDIATE GUITAR

A continuing class for students who have had one session of Very Beginner Guitar. For ages 13-Adult. Book cost is extra.

Activity#	Site	Day	Times	Date	Fee	NR Fee
238509 01	Fairlawn	M	7:30pm-8:30pm	1/3-3/14	\$37	\$47

VERY BEGINNER PERCUSSION

Have you ever wanted to play Drum Set in a Rock Band? A beginning class for students wanting instruction on snare drum and drum set. After the first class, you will need to purchase a practice pad, drumsticks, and book. Ages 13-Adult.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238512 01	Lakewood	M	4:00pm-5:00pm	1/3-3/14	\$37	\$47

INTERMEDIATE PERCUSSION

A continuing class for students who have had one session of Very Beginner Percussion. Ages 13-Adult.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238513 01	Lakewood	M	5:00pm-6:00pm	1/3-3/14	\$37	\$47

VERY BEGINNER PIANO

Tickle the ivories in a piano class for students ages 13 and older who have never had piano. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238526 01	Lakewood	W	8:30pm-9:30pm	1/5-3/9	\$37	\$47
238526 03	Lakewood	F	4:00pm-5:00pm	1/7-3/11	\$37	\$47

BLUE BOOK PIANO

A continuing class for students who are using the blue Adult Level One Glover Book. For ages 13 and older. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238527 01	Lakewood	M	6:30pm-7:30pm	1/3-3/14	\$37	\$47
238527 02	Lakewood	M	7:30pm-8:30pm	1/3-3/14	\$37	\$47
238527 03	Lakewood	Tu	8:00pm-9:00pm	1/4-3/8	\$37	\$47

ADVANCED PIANO

A continuing class for students who are using the Level Four Thompson Book. For ages 13 and older. Books cost extra.

Activity #	Site	Day	Times	Date	Fee	NR Fee
238530 01	Lakewood	F	12:00pm-1:30pm	1/7-3/11	\$42	\$52

Seniors

City-Wide Events

Please contact Jean Saunders at 441-2109 for additional information.

Weekly Bowling Program: The Social Bowling Club meets each Monday, 9:30 a.m., at AMF Bowling Lanes, 2441 East Little Creek Road. The day includes three games of bowling, shoe rental, and free beverages for a nominal \$5.25 per person.

Sweethearts on Parade: February 10, 2005, 1:00 p.m. to 3:30 p.m., Fairlawn Community Center, 1014 Kempsville Road, Norfolk, Virginia 23502.

Ocean View Senior Center

12/22/04	Holiday Program	11:00am
01/05/05	Installation of 60+ Club Officers	11:00am
01/14/05	Ringin in the New Year Bingo	2:00pm
01/21/05	Bridge Social	11:00am
01/26/05	Super Bowl	11:30am
02/09/05	Valentine Celebration	11:30am
02/11/05	Valentine Bingo	2:00pm
03/16/05	Wearing of the Green	11:30am
03/18/05	St. Patrick's Bingo	2:00pm

Activity#	Day	Times	Date	Fee	NR Fee
Line Dance I	Thu	10:00am-11:00am	1/13-3/17	\$32	\$42
Line Dance II	Thu	11:00am-12:00pm	1/13-3/17	\$32	\$42

**Bowling,
Bean Bag Toss, Races,
Golf, Basketball,
Checkers, Croquet,
Table Tennis**

Norfolk's Seniors don't sit.
They PLAY!

For information on the 2005 Senior Olympics,
contact Jean Saunders at 441-2400!



Sweethearts on Parade!

Coming February 10 2005. See detailed information
in back of this brochure

Southside Senior Center

01/05/05	Senior Shopping	10:30am
01/07/05	Hair Care	12:00pm
01/14/05	Martin Luther King Birthday Celebration	12:00pm
01/19/05	Blood Pressure Screening and Health Session	11:00am
01/19/05	Ice Cream Social and Bingo	1:00pm
02/02/05	Hair/Beauty Care	12:00pm
02/04/05	Lunch Out - Old Country Buffet	12:00pm
02/14/05	Valentine Day Social	1:00pm
02/24/05	Black History Tour - Hampton University Museum, Emancipation Oak, and Casemate Museum	9:00am
03/08/05	Field Trip - Shopping Williamsburg Pottery & Lunch	9:00am
03/09/05	Senior Club Meeting	9:00am
03/19/05	Shopping Trip - Military Circle Mall	10:30am
03/31/05	Craft Session/Things to Remember	1:00pm

Bayview Senior Center

01/07/05	New Year's Business Meeting/New Year Report, and Senior Fitness Program	9:00am - 3:00pm
01/14/05	Weekly Fellowship/Bingorama, and Senior Fitness Program	9:00am - 3:00pm
01/21/05	Weekly Fellowship/Card Game, Light Luncheon, and Senior Fitness Program	9:00am - 3:00pm
01/28/05	Weekly Fellowship/Monthly Potluck Luncheon, and Senior Fitness Program	9:00am - 3:00pm
02/04/05	Business Meeting/Weekly Fellowship/Pokeno/ Senior Fitness Program	9:00am - 3:00pm
02/11/05	Senior Valentine's Social/Dressing Valentines Attire	9:00am - 3:00pm
02/18/05	Senior February Fun Day and Senior Fitness Program	9:00am - 3:00pm
02/25/05	Weekly Fellowship/Monthly Potluck Luncheon/ Senior Fitness Program	9:00am - 3:00pm
03/04/05	Business Meeting/Fellowship and Fun/Senior Fitness Program	9:00am - 3:00pm
03/11/05	St. Patrick's Day Celebration and Senior Fitness Program	9:00am - 3:00pm
03/18/05	Senior Craft Day and Senior Fitness Program	9:00am - 3:00pm

Norview Senior Club

01/05/05	Election of Officers	11:00am
01/12/05	New Year's Bash	12:00pm
01/19/05	A Tribute to Dr. Martin Luther King	11:00am
01/26/05	Create a Greeting Card	12:00pm
02/02/05	Red & White Hearts Party	11:00am
02/09/05	Winter Lap Walking	11:00am
02/16/05	A Tribute to African American History (Guest Speaker)	12:00pm
02/23/05	Bring Your Favorite Dish Day	12:00pm
03/02/05	Trip to Williamsburg Pottery	9:30am
03/09/05	Spring Shaping Up (Fitness)	11:00am
03/16/05	Party the Irish Way	12:00pm

All activities for Norview Senior Club will be held weekly at Crossroads Neighborhood Center, 8044 Tidewater Drive.

For additional information concerning senior citizen events, call Gloria Rollins or Wynetta Gordon on Wednesdays between the hours of 10:00 a.m. and 2:00 p.m. at 441-1769.

Sherwood Forest Senior Club

01/06/05	Exercise and Bingo Party	11:00am
01/20/05	Dr. Martin Luther King Celebration	11:00am
02/03/05	St. Valentine's Day Craft	11:00am
02/17/05	How to Make Homemade Soup from Scratch	11:00am
03/01/05	Basic Computer Training	11:00am
03/17/05	St. Patrick's Day Activities	11:00am
03/31/05	Spring Luncheon	11:00am



HOLIDAY BALL!

December 10, 2004.

See detailed information in back of this brochure

Tarrallton Senior Club

01/07/05	Monthly Business Meeting	11:00am
01/14/05	Intergenerational Program	11:00am
01/21/05	Trip to Virginia Air & Space Museum	10:00am
01/28/05	Birthday Celebration – Cake & Ice Cream	11:00am
02/04/05	Monthly Business Meeting	11:00am
02/11/05	Trip to Virginia Marine Science Museum	10:00am
02/18/05	Intergenerational Program	11:00am
02/25/05	Birthday Celebration – Cake & Ice Cream	11:00am
03/04/05	Monthly Business Meeting	11:00am
03/11/05	Trip to Nauticus	10:00am
03/18/05	Intergenerational Program	11:00am
03/25/05	Birthday Celebration – Cake & Ice Cream	11:00am

Titustown Senior Club

12/21/04	Christmas Ceramics	11:00am – 12:30pm
12/23/04	Christmas Caroling and Social Hour	11:00am
12/28/04	Financial Seminar	11:00am – 12:30pm
12/30/04	New Year's Bingo	11:00am – 1:00pm
01/04/05	Bowling at AMF Lanes and Lunch at Applebee's	10:00am – 3:00pm
01/06/05	Business Meeting	11:00am – 2:00pm
01/11/05	Prize Bingo and Lunch	11:00am – 2:00pm
01/13/05	Craft Session at Captain's Quarters	10:00am – 3:00pm
01/18/05	Ceramics	11:00am – 2:00pm
01/20/05	Home Safety Awareness	11:00am – 12:30pm
01/25/05	Aroma Therapy	11:00am – 12:30pm
01/27/05	Botanical Garden Outing and Lunch at Golden Corral	10:00am – 3:00pm
02/01/05	Relaxation/Meditation Session	11:00am – 12:30pm
02/03/05	Business Meeting	11:00am – 2:00pm
02/08/05	Valentine Bingo	11:00am – 2:00pm
02/10/05	Sweethearts on Parade Outing	12:00pm – 3:00pm
02/15/05	Craft Session at Captain's Quarters	10:00am – 3:00pm
02/17/05	Funnel Cake Social	11:30am – 2:00pm
02/22/05	Black History Craft	11:00am – 2:00pm
02/24/05	Black History Memories	11:00am – 12:30pm
03/01/05	Four Seasons Tea	11:00am – 2:00pm
03/03/05	Business Meeting	11:00am – 2:00pm
03/08/05	Smoothie Social	11:00am – 12:30pm
03/10/05	Yard Sale Fundraiser	10:00am – 2:00pm
03/15/05	Craft Sessions at Captain's Quarters	10:00am – 3:00pm
03/17/05	Green Social (Wear, Eat, and Drink Green)	11:00am – 12:30pm
03/22/05	Waterside Mall Outing and Fairy Ride to Portsmouth for Lunch	10:00am – 3:00pm
03/24/05	Easter Potluck Brunch	10:00am – 2:00pm

Therapeutic Recreation/*Any Disability*

Therapeutic Recreation programs utilize recreation to help individuals with temporary impairments, other health conditions, and disabilities to increase independence, strengthen leisure skills, and enhance personal well being – physically, cognitively, emotionally, and socially in a rehabilitative environment.

Therapeutic Recreation can improve functional abilities, enhance recreation skills and attitudes, build confidence, ease fears, improve physical abilities, promote greater self-reliance, strengthen interpersonal skills, manage stress, and enrich the quality of life. Therapeutic Recreation can help people of all ages and backgrounds to get well, live well, and stay well!

Registration will be accepted only at the Therapeutic Recreation Center. Please either mail in or drop by all registration forms and checks (payable to City of Norfolk Treasurer) by registration date at the Therapeutic Recreation Center, 180 East Evans Street, Norfolk, VA 23503. Money is due at the time of registration. In order to register, you must have participated in an intake assessment with a CTRS staff and all required forms must be completed. If you have any questions please call 441-1764(V/TDD). Registration will not be accepted prior to the registration date.

The first day of "Winter" registration is Friday, December 3, 2004 at 9:00 a.m. for the Therapeutic Recreation Center ONLY! Some events are not published in our Good Times, please contact the center for additional information. The following programs are for ages 15 and up.



Classes

MAKE-IT-MOSAICS

Pick out colored tiles and glass, arrange in a design, add found items like shells or buttons, and glue pieces down. Cover it all with grout; then allow it to set and wipe it clean. You've got a completed mosaic! In no time you'll have unique items to show off in your home, patio, and garden. There is a \$10.00 supply fee and additional supplies will be discussed the first class. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266750 01	TR Center	F	9:30am-11:00am	1/14 – 3/18	\$20	\$30

CERAMICS

Enjoy the opportunity to paint your own piece of decorative or functional art in a fun atmosphere. Participants must provide green ware and any special paints not provided in center supplies. A \$15.00 supply fee is due at the first class. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266720 01	TR Center	Tu	10:00am-12:00pm	1/11 – 3/15	\$20	\$30

GET FIT WHILE YOU SIT

Who said you have to get up out of your chair? Enjoy exercise while you sit. This is a low to moderate level of exercise used to strengthen muscle, increase flexibility, range of motion and much, much more. It is suggested to bring a water bottle and towel; you will also need to wear comfortable clothes and proper footwear.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266722 01	TR Center	Tu	3:30pm-4:20pm	1/11 – 3/15	\$15	\$25

DANCE TO MUSIC

Do you love to dance? If so, this is your chance to get exercise while learning different dance steps. You will learn a variety of dance styles and routines. Participants will need to wear comfortable clothes, proper footwear, and a water bottle is suggested.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266721 01	TR Center	W	2:00pm-2:50pm	1/12 – 3/16	\$15	\$25

LOW IMPACT EXERCISE AND STRETCH

Tone and firm your muscles, as well as increase your flexibility using aerobic workouts without jumping or jarring the joints. Class includes warm-up, work out, and cool-down.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266752 01	TR Center	F	5:00pm-5:50pm	1/14 – 3/18	\$15	\$25

Therapeutic Recreation/*Any Disability*



SPARES AND STRIKES: RECREATIONAL BOWLING

Bowling fun! Join us at the Little Creek AMF Lanes to learn the basic rules of 10 pin recreational bowling. Adaptive equipment is available if needed. Limited transportation is available. There is an additional fee of \$1.00 per game each week.

Activity #	Site	Day	Time	Date	Fee	NR Fee
210710 01	AMF	M	12:30pm-2:00pm	1/10 - 3/14	\$15	\$25

SPARES AND STRIKES: SKILL BUILDING BOWLING

Would you like to further your bowling techniques to improve your bowling? Join us at the Little Creek AMF Lanes to improve your skills and ball handling techniques. You will have the opportunity to increase bowling skills to eventually advance to independent league bowling. Adaptive equipment is available if needed. Limited transportation is available. There is an additional fee of \$1.00 per game each week. **Class referral is required, call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
210731 01	AMF	W	4:00pm-5:30pm	1/12 - 3/16	\$15	\$25

Outings

ST. PATRICK'S DAY PARADE

Experience the luck of the Irish at the annual St. Patrick's Day Parade down Granby St. Enjoy old-fashion cars, local high school bands, homemade floats, fire trucks, policemen on horses, and many other surprises. Transportation limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266760 01	TR Center	Sa	8:00am-3:00pm	3/12	\$7	\$17

WILLY WONKA AND THE CHOCOLATE FACTORY BY THE HURRAH PLAYERS (NEW!)

Come experience the excitement of the performing arts live at the Roper Performing Arts Center. Experience the musical retelling of the classic tale. Enjoy lunch at Johnny Rockets prior to the show. Extra cost of \$15 is required for the play. Bring money for lunch and snacks in between acts. Transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266764 01	TR Center	Sa	11:00am-7:00pm	3/19	\$7	\$17

Therapeutic Recreation/*Aquatic Therapy*

AQUACISE I

Water is the perfect medium for physical rehabilitation. Come join the group and work toward increased mobility and range of motion. Does not require swimming skills, but participants must be able to stand alone in 4 feet of water. Participants must be able to dress and toilet themselves. Swimsuits must be worn in the pool. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246711 01	Northside	M	1:00pm-1:45pm	1/10 – 3/14	\$15	\$25
246711 02	Northside	F	1:00pm-1:45pm	1/14 – 3/18	\$15	\$25
246711 03	Northside	M,F	1:00pm-1:45pm	1/10 – 3/18	\$25	\$35

AQUACISE II

How long have you participated in Aquacise? Do you feel it's time to experience a new, faster paced workout to further your physical rehabilitation? If so, it's time for you to join Aquacise II, a comprehensive total body workout not only designed to increase mobility and range of motion, but to increase strength and muscle endurance. Participants must be able to stand in 4 feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. Limited transportation is available. **Class referral required, call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246730 01	Northside	W	1:00pm-1:50pm	1/12 – 3/16	\$15	\$25

AQUACISE I & II COMBO

Do you need to gain muscular strength and endurance as well as maintain flexibility? Then this combination of classes is for you! Participants must be able to stand in 4 feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. Limited transportation is available. **Class referral required, call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246730 02	Northside	M,W	1:00pm-1:45pm	1/10 – 3/16	\$25	\$35
246730 03	Northside	W,F	1:00pm-1:45pm	1/12 – 3/18	\$25	\$35



MODERATE IMPACT AQUA AEROBICS

Join us in the water for a comprehensive total body workout while toning muscles and working that heart out! Participants must be able to stand in 4 feet of water independently and engage in aerobic exercise for 30 minutes. No transportation provided. Swimsuits must be worn.

Activity #	Site	Day	Time	Date	Fee	NR Fee
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246713 01	Northside	M	5:00pm-5:50pm	1/10 – 3/14	\$15	\$25
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DEEP WATER POWER HOUR

Are you ready for the ultimate aquatic challenge – deep water exercise? Join us for a full body workout in the deep end of the pool using floatation devices for assistance. Work up a sweat to music, while increasing your heart rate and strengthening your entire body! Participants must feel comfortable in deep water and be able to engage in aerobic exercise for 45 minutes. No transportation provided. Swimsuits must be worn.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246751 01	Northside	F	1:45pm-2:30pm	1/14 – 3/18	\$15	\$25

Therapeutic Recreation/*Physical Impairments*

Outings

BASS PRO SHOPS AT OUTDOOR WORLD (NEW!)

Join us for a tour of Outdoor World, including Bass Pro Shops and the elaborate taxidermy exhibits. Enjoy lunch at Cracker Barrel Restaurant and a day of shopping. Bring extra money for lunch and shopping. Transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266740 01	TR Center	Th	9:00am-5:00pm	1/20	\$7	\$17



NEW! D'ART MUSEUM

Come and watch local artists at work! Visit 30 studios where artists create and sell fine art. We'll enjoy lunch at Freemason Abbey prior to visiting the museum. Bring extra money for lunch. Transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266741 01	TR Center	Th	9:00am-5:00pm	3/3	\$7	\$17

NEW! VIRGINIA LIVING MUSEUM

Come and visit the newly renovated Virginia Living Museum in Newport News. You will see a variety of animals that live in the local area, including four sections of animal habitats. We will start the day with lunch at a local restaurant. Admission and lunch cost is extra. Transportation is limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266742 01	TR Center	Th	9:00am-5:00pm	2/24	\$7	\$17

Workshops

NEW! WOOD CRAFT WORKSHOP

Join us to create a functional woodcraft project. You will learn the steps involved in completing wood projects. All supplies provided for an additional cash fee of \$5.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266743 01	TR Center	Th	10:00am-12:00pm	2/10	\$7	\$17

BEADED JEWELRY

Do you love jewelry? This is your chance to make your own beads from Sculpey Clay to create a unique piece of jewelry. All supplies provided for an additional cash fee of \$5.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266744 01	TR Center	Th	10:00am-12:00pm	1/27	\$7	\$17



Therapeutic Recreation/*Mental Impairments*

Classes

AQUA OLYMPICS

Do you enjoy being in the water as well as sports fun? If so, Aqua Olympics is a class you must try! Take part in aqua games, relays, an excellent workout, and experiencing a variety of pool equipment. In order to participate, you should feel comfortable in the water and enjoy playing games and sports. Swimsuits must be worn in pool.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246714 01	TR Center	M	1:45pm-2:30pm	1/10 - 3/14	\$15	\$25

GAME NIGHT

Come out to learn, play, and have a good time participating in a variety of board and table games. We will play traditional and non-traditional games such as checkers, trouble, bingo, cards, and the memory game. You may have a favorite that you would like to share with the group. Two "Dollar Tree" items will be needed for the bingo game prizes. Please bring them the first game night. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266753 01	TR Center	F	6:00pm-6:50pm	1/14 - 3/18	\$15	\$25

FUN BUNCH

Hang with us as we travel Hampton Roads in search of fun with friends. We will go dining, see a play, go shopping and enjoy other activities together. Participants must arrive at the TR Center by 6:45pm; Norfolk residents will be dropped off at their homes. Event schedule and fee schedule will be available at registration. Participant cannot register for class until trip fee is received. Trip fee is non-refundable. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266790 01	TR Center	F	7:00pm-10:00pm	Varies	\$5	\$15

SPORTS BUNCH

Extreme Sports Fanatics!!! This is the group for you! We will go to three sporting events within Hampton Roads to let those officials and our teams know we care. Each trip will have a trip fee to cover transportation and admission to the event. Participants must arrive at the TR Center by 6:45pm; Norfolk residents will be dropped off at their homes. Event schedule and fee schedule will be available at registration. Participant cannot register for class until trip fee is received. Trip fee is non-refundable. Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266792 01	TR Center	F	7:00pm-10:00pm	Varies	\$5	\$15

FAVORITE FLICK FRIDAY

Come see a variety of movies on our Big Screen TV with surround sound stereo. We will meet three times during the session to watch a double feature or an extended version of longer movies. Along with movies and friends we'll enjoy a wide variety of foods for a most filling dinner. All movies will be rated G, PG or PG13. There is a \$20 non-refundable program fee due at registration. Participant cannot register for class until fee is received. Program dates will be announced at registration.

Instructor: Steven Errante.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266791 01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25

Outings

GOING BACK TO DOVER DOWNS

Do you have a pocket full of nickels? Get some arm exercise by playing the quarter slots at Dover Downs. We are suggesting you bring between \$10 and \$20 in cash to feed those hungry slots (coins are not necessary). You will need money for lunch and dinner (fast food style) and for souvenirs (optional). The trip fee is \$25 and must be paid at time of registration to secure a seat. You must have transportation to the TR Center and transportation back home will be provided. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266761 01	TR Center	Sa	9:00am-11:00pm	1/15	\$5	\$15

NEW! SMITHSONIAN BY AIR

Yes, we are going airborne to visit the Smithsonian Museums on Saturday February 19, 2005. The group will fly out of Norfolk International Airport early in the morning to Dulles Airport, then take a shuttle and subway into Downtown DC. We will then wing our way back to Norfolk on an evening flight. The non-refundable fee for the flight ticket will be \$100 (this might change due to rate changes, which will be posted the day of registration) and a refundable \$35 program fee is both due at time of registration. Participants must bring money for lunch and dinner. Drop off and pick up times and locations will be determine at a week after registration. All participants will have to be approved by the TR and will be notified the following week if they are eligible to take this outing. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266772 01	TR Center	Sa	TBA	2/19	\$5	\$15

Therapeutic Recreation/*Mental Impairments*

LET'S SHOP AT THE WILLIAMSBURG POTTERY

Join us and find that unique treasure as you enjoy all the sites, sounds, and smells (homemade fudge... Mmmm!!!) of the World famous Williamsburg Pottery. We will explore the outlet stores leaving no item unseen. We will take time for lunch during our travels and then go for a dinner in Williamsburg before heading home. A non-refundable trip fee of \$20, (which includes dinner) and must be paid at time of registration. Participants will need to bring a lunch and drink as well as extra money for a light snack, drink, and shopping. Instructor: Steven Errante

Activity #	Site	Day	Time	Date	Fee	NR Fee
266763 01	TR Center	Sa	9:00am-7:00pm	3/12	\$5	\$15

CINEMA CAFÉ

Lights, camera, action! Come enjoy dinner while you watch a movie with friends at Cinema Café. The food is delicious.

There will be an additional cost for movie and dinner.

Transportation is limited, so sign up early.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266745 01	TR Center	Th	3:00pm-10:00pm	2/17	\$7	\$17

Workshops

NEW! WOOD CRAFT WORKSHOP

Join us to create a functional woodcraft project. You will learn the steps involved in completing wood projects. All supplies provided for an additional cash fee of \$5.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266746 01	TR Center	Th	1:00pm-3:00pm	2/10	\$7	\$17

BEADED JEWELRY

Do you love jewelry? This is your chance to make your own beads from Sculpey Clay to create a unique piece of jewelry. All supplies provided for an additional cash fee of \$5.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable. Transportation is limited, so sign up early. Participants will be at the center during lunch, please bring a bag lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266747 01	TR Center	Th	1:00pm-3:00pm	1/27	\$7	\$17

Children's Programs

The following programs are open to children with any disability ages 6-14 years old. Classes are offered in 10-week sessions. Participants will need to call the center and set up a time to come in for an assessment before signing up for classes. Registration information is located in the beginning of the Therapeutic Recreation section. For more details and additional programming, call us at 441-1764.

NEW! ALLEY CATS

It's time to head to the Little Creek AMF Bowling Lanes after school. Learn the basic rules in bowling while meeting new people and having fun. Participants need to bring \$1.00 for each game, shoe rental is included.

Activity #	Site	Day	Time	Date	Fee	NR Fee
210729 10	AMF	Tu	4:00pm-5:00pm	1/11-3/15	\$15	\$25

NEW! WACKY WATER FUN!

Come get soaked as we play games in the shallow end of the pool! Learn how to play fun and exciting games in the swimming pool while improving sportsmanship and learning water safety.

Activity #	Site	Day	Time	Date	Fee	NR Fee
246739 10	Northside	W	5:00pm-5:50pm	1/12-3/16	\$15	\$25

NEW! PLAY WITH YOUR FOOD

Come and create a piece of snack art using food for the craft materials. The best part of the activity is that you can eat it when you're done. This will be a fun way to try new foods! All supplies provided for an additional cash fee of \$10.00 due at registration. Participant cannot register for class until supply fee is received. Supply fee is non-refundable.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266749 10	TR Center	Th	4:00pm-4:45pm	1/13-3/17	\$15	\$25

NEW! GAME IT UP

Come get your game on in this fun-filled group. Learn new skills, brush up on old skills and have fun while playing a variety of games.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266759 10	TR Center	F	3:30pm-4:20pm	1/14-3/18	\$15	\$25

NEW! SATURDAY FUN!

Enjoy lunch, games, crafts, movies, and trips on 3 selected Saturdays throughout the session.

Additional costs will be required, parents will be notified during registration of costs. Times may vary depending on activity.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266769 10	TR Center	Sa	10:00am-1:00pm	Varies	\$15	\$25

Paul Street Gallery

Titustown Visual Arts and Recreation Center
7545 Diven Street
Norfolk, VA 23505

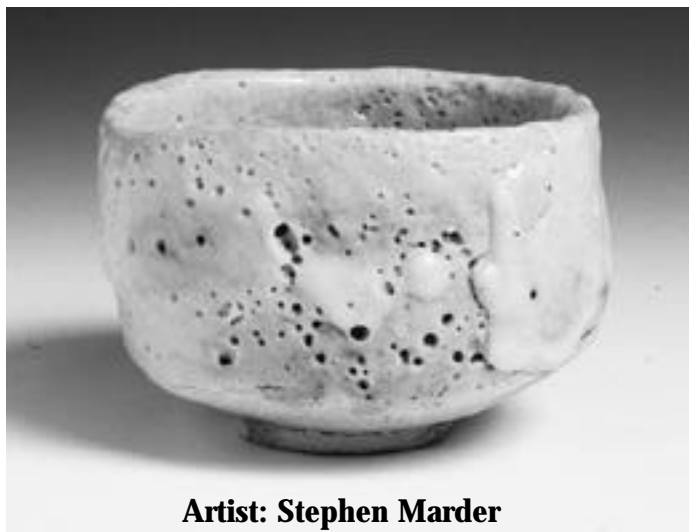
GALLERY NEWS

THE VIEWFINDER, an exhibition of digital photographs by MAGGIE McGEORGE, opened in November. This exhibit will continue on view through December 12, 2004, and all are invited to visit.

UPCOMING ART EXHIBITION

The Paul Street Gallery will feature an eclectic exhibition of paintings, studio ceramics, and ceramic sculpture by artist/instructor STEPHEN MARDER. The opening reception will be on Sunday, January 9, 2005, from 6:00pm to 8:00pm, and will continue through March 12, 2005. The show is open to the public, and all are cordially invited to attend and enjoy this range of work. Gallery hours are 10:00am-5:00pm weekdays, and Saturdays 10:00am-2:00pm

Look for our upcoming January exhibition featuring work by artist/instructor Stephen Marder.



Artist: Stephen Marder

Teacher Profile

STEPHEN MARDER

Stephen Marder has been working with ceramics for the past fifteen years. He was apprenticed with Peter Callas and Peter Voulkos from 1995 to 1998. His areas of specialty are wheel-thrown ceramics and sculpture. He employs a loose, hands-on teaching style that allows students to learn by their own experiences. His studio and wood kiln are in Portsmouth, Virginia, where he lives and works. He began his art career early in his high school years in Norfolk, and continues as an artist in the Tidewater area. He instructs in pottery and sculpture at the Visual Arts Center.



Adult Classes-18 Years and Up

BEAD STRINGING WORKSHOP

Learn the basics of bead stringing using the different threads, cords and needles. Use crimp beads, different clasp styles, bead tips, and memory wire and give your projects a finished look. Knotting for pearls will be the first project. Class fee \$25.00/\$35 non-resident, payable to Norfolk City Treasurer. Materials fee \$50.00 payable by check (no cash) at the first class covers beads, thread, and sterling silver and gold-filled findings. Tools will be provided for classroom use. Instructor: Barbara Mason.

Session 1

Introduction to bead stringing, materials, tools and material sources. String and knot a freshwater pearl bracelet or necklace with French wire ends and a gold-filled clasp.

Session 2

Explore additional information about techniques, design and additional materials. String a necklace with crystal beads on tigertail and learn to use sterling silver clasp and crimp beads.

Session 3

Make a crystal beads bracelet and earrings using sterling silver findings and clasp. Make memory wire bracelets, and wine charms using crystal beads. For more information, call the Visual Arts office @441-1227

Activity #	Site	Day	Times	Date	Fee	NR Fee
267830 07	Visual Arts	Sa	1:00pm-3:30pm	1/8, 1/15, 1/22	\$25	\$35
267830 06	Visual Arts	Sa	1:00pm-3:30pm	2/12, 2/19, 2/26	\$25	\$35

CERAMICS

Students of all levels learn techniques and refine skills in decorating and glazing ceramics; skills, materials, methods and design are stressed. Learn about greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, majolica, dry brushing and much, much more. Only work produced during class will be fired. Students are responsible for supplies (greenware, glazes, brushes etc.). Instructors are Lily Ponds (Campostella), Noeleen Parks (Fairlawn), Virginia Scales (Huntersville), Rose Randall (Sherwood), Margaret Johnson (Southside), Betsy Brown (Merrimack).

Activity#	Site	Day	Time	Date	Fee	NR Fee
218804 01*	Campostella	M	10:00am-11:00am	1/3-3/7	\$20	\$30
218804 02	Campostella	Th	6:00pm-8:00pm	1/6-3/10	\$40	\$50
228804 01	Fairlawn	M	10:00am-12:00pm	1/3-3/7	\$40	\$50
228804 02	Fairlawn	M	6:30pm-8:30pm	1/3-3/7	\$40	\$50
232804 01*	Huntersville	W	10:00am-11:00am	1/5-3/9	\$20	\$30
244804 01*	Merrimack	F	9:00am-10:00am	1/7-3/11	\$20	\$30
258804 01	Sherwood	W	10:00am-12:00pm	1/5-3/9	\$40	\$50
258804 02	Sherwood	W	1:00pm-3:00pm	1/5-3/9	\$40	\$50
261804 01*	Southside	W	10:30am-11:30am	1/5-3/9	\$20	\$30
261804 02*	Southside	W	6:30pm-7:30pm	1/5-3/9	\$20	\$30

*Senior class

CERAMICS/FAMILY

Students of all levels learn techniques and refine skills in decorating and glazing ceramics. Students are responsible for supplies (greenware, glazes, brushes etc.). Registration fees are per person. Age 8 and up. Instructor: Betsy Brown

Activity#	Site	Day	Time	Date	Fee	NR Fee
244804 02	Merrimack	W	7:00pm-8:00pm	1/5-3/9	\$20	\$30

NEW! CLAY HAND-BUILDING

As an introduction to the basic techniques of hand-built clay construction, this class affords an opportunity for beginners to learn and experiment at their own pace, as well as an opportunity for the more experienced to brush up on old skills. You'll learn to create wonderful slab and coil constructions, in addition to learning bas-relief techniques. Only work produced during class will be fired. Please call for supply list. (8-weeks' course) Instructor: Shara Wertz.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267806 02	Visual Arts	W	10:00am-12:00pm	1/5-2/23	\$50	\$60

CLAY SCULPTURE/ INTERMEDIATE AND ADVANCED

Learn modern techniques of clay sculpture. Slide presentations combined with hands-on lectures give students a unique opportunity to learn the methods of today's leading clay sculptors. Class time will be dedicated to learning construction methods and surface treatments, plus slide discussion. Only work produced during class will be fired. Please call for supply list. Lab fee \$10, payable by check at first class Instructor: Stephen Marder.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 11	Visual Arts	F	6:30pm-8:30pm	1/7-3/11	\$60	\$70

DRAWING/ALL LEVELS

This class is designed for the person who wants to learn the fundamentals of drawing or experience a refresher. The fundamentals of drawing will include perspective, line, shading, texture and form. Open to all levels of experience. Students are responsible for supplies. Instructor: Bernard Conda.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267810 01	Visual Arts	M	6:30pm-8:30pm	1/3-3/7	\$45	\$55

DRAWING/PRIVATE LESSONS, ADULT OR YOUTH

Five (5) weeks of individualized drawing lessons for 45 minutes. Call the Visual Arts Center to schedule the classes. Students are responsible for supplies. Instructor: Bernard Conda.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267810 02	Visual Arts		as scheduled		\$75	\$85

MATting AND FRAMING

Mat your own work through expert instruction and have ample time to practice mat cutting. Single, double and oval mat cuts will be taught as well as conservation matting and proper fitting of your matted work to a ready-made frame. The class does not cover construction of frames. (6-weeks' class) Class is limited to 6. Instructor: Jill Brunner. Supplies are extra but not needed at first class meeting.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 08	Visual Arts	W	1:00pm-3:00pm	1/5-2/9	\$50	\$60

MOSAICS, BEGINNING

Go ahead--break something! An ancient art makes a comeback. Mosaics involve making designs or images by adhering tiles, glass, even crockery (broken dishes) onto a surface, then grouting. This art has been with us since the beginning of civilization. Learn about materials, methods, uses and more. Call for supply information. Instructor: Gerry Knight.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267818 01	Visual Arts	M	6:30pm-8:30pm	1/3-3/7	\$40	\$50

Visual Arts

Painting Classes

ORIENTAL BRUSH PAINTING (SUMI-E)

Learn the exquisite art of Oriental brush painting from an accomplished and knowledgeable teacher. From the moment that your brush touches the paper, this lovely and calming art form will give you hours of joy. This is an 8-weeks' course (3 hours each session). Students must purchase their supplies. Instructor: Joan Grosch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267822 01	Visual Arts	Sa	10:00am-1:00pm	1/8-2/26	\$45	\$55



NEW! PAINTING, ANY MEDIA

This class is designed as an instructional studio with individual interests in mind. Students are encouraged to choose their own painting medium and subject matter. All levels of ability are invited to join, whether you're a beginner or more experienced and just looking for a little extra guidance and encouragement. (8 weeks' course) Call for supply list. Instructor: Shara Wertz. Class limit 5.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267820 03	Visual Arts	F	10:00am-12:00pm	1/7-2/25	\$40	\$50

PAINTING, OIL/BEGINNING

Learn painting techniques such as mixing colors, composition, and brushwork from a beginner's point of view. Supplies must be purchased by the student prior to the first class. Supply list is geared for beginning students at a minimal cost. Instructor: Emma Duncan.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267820 01	Visual Arts	M	6:30pm-8:30pm	1/3-3/7	\$40	\$50

PAINTING, OIL/STUDIO

Experienced students may sign up for studio and work on individual projects without an instructor. If interested, call 441-1257.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267820 02	Visual Arts	F	10:00am-12:00pm	1/7-3/11	\$25	\$35
(Studio only)						

PAINTING, OIL/ALL LEVELS

Through individualized instruction, students of all levels are guided in the selection of images, as well as composition and brushwork, with an emphasis in developing their own painting styles. Basic through advanced instruction available. Instructors Noeleen Parks (Fairlawn), Ed Stubblefield (Bayview, Tarrallton). Students must purchase their supplies.

Activity #	Site	Day	Time	Date	Fee	NR Fee
212820 01	Bayview	Tu	10:00am-12:00pm	1/4-3/8	\$40	\$50
228820 01	Fairlawn	W	10:00am-12:00pm	1/5-3/9	\$40	\$50
228820 02	Fairlawn	W	12:30am-2:30pm	1/5-3/9	\$40	\$50
228820 03	Fairlawn	Th	10:00am-12:00pm	1/6-3/10	\$40	\$50
228820 04	Fairlawn	Th	12:30pm-2:30pm	1/6-3/10	\$40	\$50
262820 01	Tarrallton	W	10:00am-12:00pm	1/5-3/9	\$40	\$50
262820 02	Tarrallton	W	12:30pm-2:30pm	1/5-3/9	\$40	\$50

PHOTOGRAPHY/BEGINNING INTRODUCTION TO BLACK & WHITE PHOTOGRAPHY

The Visual Arts Center was pleased to open the doors to our cozy new darkroom. Exposure, shutter speed, aperture, and depth of field concepts are made easy and enjoyable. Get to know your camera. A great print comes from a great negative. Learn about the exciting process of developing negatives, and printing a photograph from that negative. Learn about the use of filters, the camera lens, flash, tripod, and natural and artificial light. Studio time included during class. Safety maintenance will be emphasized. 35mm camera required. Please call for supply list. Class size limited. Instructor: Randy Whitehurst.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 01	Visual Arts	W	6:30pm-8:30pm	1/5-3/9	\$125	\$135
267823 02	Visual Arts	W	10:00am-12:00am	1/5-3/9	\$125	\$135

NEW! PHOTOGRAPHY/BEGINNING

See description above.

For those who desire a compressed experience in beginning photography. 5-weeks' course @3 hours. Instructor: Leigh Babcock.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 09	Visual Arts	Sa	10:00am-1:00pm	1/8-2/5	\$95	\$105



NEW! PHOTOGRAPHY/INTERMEDIATE

Black and White Photography offers something new and exciting this winter. This class is for participants who would like to learn more about special techniques in black and white photography. Experiment in the darkroom with special techniques, including sepia toning, hand colored prints, "sandwich" negatives, photograms and more. Studio class time included during session. Darkroom safety is emphasized. Please call for supply list. Participants must have completed beginning photography. Permission of Photo Director required. Class size limited. Instructor: Randy Whitehurst, Leigh Babcock.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 03	Visual Arts	Th	6:30pm-8:30pm	1/6-3/10	\$125	\$135
267823 04	Visual Arts	F	2:00am-4:00pm	1/7-3/11	\$125	\$135

NEW! PHOTOGRAPHY/ ADVANCED STUDIO

Advanced photography offers 10 weeks of enjoyable studio time in the Visual Arts Center darkroom. Participants must have completed beginning and intermediate photography. Class size limited to 3 participants. Permission of Photo Director required.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 06	Visual Arts	Sa	2:00pm-4:00pm	1/8-2/5	\$125	\$135

NEW! BEGINNING DIGITAL PHOTOGRAPHY

Private lessons /Digital Photography and Adobe Photoshop
Are you curious about digital photography? Find out how to use a digital camera, take interesting photographs, and format photographs specifically for e-mail and printing, plus how to use special graphic effects. Digital photography will be taught using graphics software Adobe Photoshop. Call for supply list. (5-weeks)

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 10	Visual Arts	W	10:00am-11:00am	1/5-2/2	\$125	\$135
267823 12	Visual Arts	Th	10:00am-11:00am	1/6-2/3	\$125	\$135
267823 11	Visual Arts	F	10:00am-11:00am	1/7-2/4	\$125	\$135

* If you need a particular day and time please contact 441-1227

NEW! INTERMEDIATE DIGITAL PHOTOGRAPHY



Private lessons /Digital Photography and Adobe Photoshop Explore intermediate methods in Adobe Photoshop and Digital Photography. Learn how to scan your photographs and import them in Photoshop.

Learn how to archive your digital photographs and burn them onto CDs, explore digital transfer and additional Photoshop tools that will enhance your photographs. Digital photography will be taught using graphics software Adobe Photoshop. Participants must have completed a beginning digital photography course. Permission of Photo Director required. Call for supply list. (5-weeks)

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 12	Visual Arts	Tu	10:00am-11:00am	1/4-2/1	\$125	\$135

Pottery

For Handbuilding and Sculpture see Clay Handbuilding and Clay Sculpture above

POTTERY CLASS INFORMATION

Registered pottery on the wheel students (in classes below) can use the pottery studio (at no additional cost) for practice when the room is available for up to 10 hours (equivalent to an additional 5 classes). Students who desire more time are encouraged to sign up for an additional class. Only work produced during class will be fired. Glazing must be done under the guidance of an instructor. **Pottery Lab Fee \$20.00 ***

*Lab fee is per registered class. Must be paid at time of registration

Make check payable to: Friends of Titustown

POTTERY ON THE WHEEL

Discover the age-old art of making wheel-thrown pottery. Through discussions and demonstrations, learn about clay types, tools, techniques and glazes--for all levels of experience. Only work produced during class will be fired. Call 441-1227 for supply information. Instructor: Robin Hodges.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 02	Visual Arts	Tu	7:00pm-9:00pm	1/4-3/8	\$50	\$60
267824 03	Visual Arts	Th	7:00pm-9:00pm	1/6-3/10	\$50	\$60



POTTERY/ WHEEL THROWING AND ALTERING

Learn methods of achieving beautiful pieces by using techniques of both wheel and hand. The class is predominantly wheel throwing, with side explorations into altering thrown forms. Emphasis is on combination techniques and the use of stamps to create texture. Only work produced during class will be fired. Call 441-1227 for supply information. Instructor: Sally Harland.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 04	Visual Arts	W	10:00am-12:00pm	1/5-3/9	\$50	\$60
267824 01	Visual Arts	W	6:30pm-8:30pm	1/5-3/9	\$50	\$60

POTTERY ON THE WHEEL/SOME PROFICIENCY REQUIRED

A skill building class designed for students with some proficiency. Projects will be developed as a class. Simplicity of form and decoration as well as balance and proportion will be discussed. Studio safety practices will be stressed. Only work produced during class will be fired. Call 441-1227 for supply information. Instructor: Mildred Tickle.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 05	Visual Arts	F	10:00am-12:00pm	1/7-3/11	\$50	\$60

POTTERY ON THE WHEEL /ALL LEVELS

Get your hands dirty! If you have always been interested in throwing on the wheel, this is the class for you. Students at any and all levels of experience are invited to learn how to center, form and glaze. Students will enjoy studio time and learn about equipment use and safety procedures. Studio safety practices will be stressed. Only work produced during class time will be fired. Call for supply information. Instructor: Mildred Tickle.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 06	Visual Arts	Tu	10:00am-12:00pm	1/4-3/8	\$50	\$60

POTTERY ON THE WHEEL/HANDBUILDING. TEENS AND ADULTS.

This class offers a fun opportunity for teens and adults to learn the exciting art of throwing on the wheel, together! Starting with the cylinder form and progressing to the bowl form, you will learn techniques in wedging, trimming, and glazing. Students will become familiar with studio and equipment use, as well as safety practices. Only work produced during class will be fired. An adult must accompany a teen and both must register and pay fees. Ages 12 to adult. Call 441-1227 for supply information. Instructor: Stephen Marder.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 07	Visual Arts	M	6:30pm-8:30pm	1/3-3/7	\$50	\$60

POTTERY STUDIO

As space permits, students with prior pottery and glazing experience can register for this studio class of 20 hours, to be used whenever the pottery room is available (other than previously listed class times). Only work produced during class will be fired. Glazing must be done under the guidance of an instructor.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267824 08	Visual Arts	M-F	Varies	1/3-3/11	\$50	\$60

QUILTING

Step-by-step guidance in the art of creating quilts for all levels of experience. The instructor has more than 30 years experience in quilting, and provides expert instruction in cutting, piecing, sewing and finishing quilts, as well as design, composition and color. Quilting scholarship available. Call 441-1227 for supply information. Instructor: Edith Hughes.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267826 01	Visual Arts	Th	10:00am-12:00pm	1/6-3/10	\$40	\$50
267826 02	Visual Arts	Th	7:00pm-9:00pm	1/6-3/10	\$40	\$50
266826 03	TR Center	Tu	7:00pm-9:00pm	1/4-3/8	\$40	\$50
267826 07	Visual Arts	W	1:00pm-3:00pm	1/5-3/9	\$40	\$50

QUILTING BEE

A class for the experienced quilter. Quilters may attend any of the existing classes for the enjoyment of socializing and exchanging quilting ideas and expertise.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267826 04	Visual Arts	Th	10:00am-12:00pm	1/6-3/10	\$20	\$30
267826 05	Visual Arts	Th	7:00pm-9:00pm	1/6-3/10	\$20	\$30
266826 06	TR Center	Tu	7:00pm-9:00pm	1/4-3/8	\$20	\$30
267826 08	Visual Arts	W	1:00pm-3:00pm	1/5-3/9	\$40	\$50

SEWING/ALL LEVELS

Clothes, Slipcovers, Window Treatments, Hats, Accessories



Students of all levels of skill are welcome in all classes. Students will work on individual projects with instruction and guidance from the instructor. Instruction is available in construction of clothing, slipcovers, window treatments, hat making and accessories. Sewing machines

are available on site; students may bring their own or may consult with the teacher for guidance in purchasing machines. Class size is limited to 6 students.

Sewing clothes will cover selection of patterns and fabric, the process of cutting and piecing and the construction of clothing. Hat making will cover basic sewing techniques and construction, plus remodeling hats if desired.

Advanced coursework and slipcovers. These fees (**) are represented in the activity number below, but will meet with and be incorporated into regular classes. Advanced coursework includes alteration, tailoring, fitting and seger sewing. Slipcover class will cover measurement, cutting and construction, plus emphasis on the importance of fabric selection and use of color. Only one-cushioned chairs will be accepted due to storage space limitations; chairs must be under 29-1/2" wide to clear door frames. Instructor: Deloris Johnson. Call 441-1227 for further information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267828 01	Visual Arts	Tu	6:30pm-8:30pm	1/4-3/8	\$50	\$60
267828 04	Visual Arts	Tu	10:00am-12:00pm	1/4-3/8	\$50	\$60
267828 03	Visual Arts	Sa	10:00am-12:00pm	1/8-3/12	\$50	\$60
212828 01	Bayview	Th	6:30pm-8:30pm	1/6-3/10	\$50	\$60
267828 08	**All above	Varies	Varies	1/3-3/12	\$60	\$70

SEWING CIRCLE

Sewing circle is an option for students who need minimal instruction and who have experience in sewing. Permission of the instructor is required. Students will be incorporated into any of the classes listed under Sewing. See listed above days and times.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267828 06	Visual Arts	Varies	Varies	1/3-3/12	\$25	\$35

SILVER JEWELRY/ALL LEVELS



Students of all levels of proficiency are welcome in all classes. Instructors will coach all students in their own projects. Students are responsible for purchasing their own silver. An expendable supply fee is payable at the first class:

\$12.00 payable by check (no cash) for all new students and a \$5.00 fee for returning students. Tools are available for classroom use. Instructors: Barbara and Fred Mason.

Beginning students will learn basic techniques of making jewelry: sawing, filing and cold forging, which are the preparations for soldering. Design and construction techniques will allow the students to complete their own projects. Most students are able to bezel set a stone by the end of their first ten weeks.

Intermediate students will refine existing skills and acquire more technical skills as they learn the use of more tools and more advanced and complex techniques that include advanced design processes. Stone cutting equipment is available for students who wish to cut their own cabochons.

Advanced students in their independent projects may also learn lost wax casting using the vacuum casting unit; puddle casting; cuttlefish bone or water casting; and ingot making. Students with proven proficiency may progress to working with gold.

Missed classes may be made up at another class time by prior arrangement. Make-up dates due to holidays and art shows will be announced in class.

Activity #	Site	Day	Time	Date	Fee	NR Fee
228830 01	Fairlawn	W	6:30pm-8:30pm	1/5-3/9	\$55	\$65
267830 02	Visual Arts	Th	6:30pm-8:30pm	1/6-3/10	\$55	\$65
267830 03	Visual Arts	Tu	10:00am-12:00pm	1/4-3/8	\$55	\$65
267830 04	Visual Arts	Tu	6:30pm-8:30pm	1/4-3/8	\$55	\$65
267830 05	Visual Arts	Sa	10:00am-12:00pm	1/8-3/12	\$55	\$65

Visual Arts

STAINED GLASS/BEGINNING

One of our most popular classes! Beginning students will learn the introductory techniques of stained glass design and construction through cutting glass and foiling with copper. Supply fee of \$5.00 at first class for expendable items and the first two projects. The final project costs are the responsibility of the students. Instructor: Gerry Knight.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267832 01	Visual Arts	W	6:30pm-8:30pm	1/5-3/9	\$45	\$55

STAINED GLASS/ INTERMEDIATE

Further develop skills learned in the beginning stained glass class. Students will construct a box or a flat panel lamp.

Instructor: George Pillsbury.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267832 02	Visual Arts	Th	7:00pm-9:00pm	1/7-3/11	\$45	\$55

STAINED GLASS/ STUDIO AND TIFFANY LAMP

Students experienced in stained glass may sign up for studio and work on individual projects without an instructor. Advanced students will construct a Tiffany-style lamp. Instructor: Fred Scarlott.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267832 03	Visual Arts	M	7:00pm-9:00pm	1/3-3/7	\$45	\$55
	(Advanced)					
267832 04	Visual Arts	M	7:00pm-9:00pm	1/3-3/7	\$25	\$35
	(Studio only)					

WATERCOLORS

Explore watercolor through discussion, demonstration, and hands-on practice. Students will learn about watercolor materials, controlling the brush, use of color, painting techniques and composition. Call 441-1227 for supply information. Instructor: Yvonne Wilson Boone.

Activity #	Site	Day	Time	Date	Fee	NR Fee
266834 01	TR Center	Tu	6:30pm-8:30pm	1/4-3/8	\$40	\$50

WOOD FURNITURE REPAIR AND REFINISHING

Bring your furniture problems to our class and learn what is needed to repair and later refinish furniture. Do not throw away a wooden chair or table. We have the tools and glue to fix the worst of problems (dents, dings, scratches, creaks and groans). Learn about wood—why it moves and why it fails. Small supply fee due at first class. Instructor: Art Green, Master Woodcraftsman.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267836 01	Visual Arts	W	6:30pm-8:30pm	1/5-3/9	\$60	\$70

INSTRUCTORS NEEDED:

Beadweaving, Ceramics, and Photography (B/W)
CALL 441-1227 (Debbie Dickerson/Leigh Babcock)

NOTE: Some classes may have a small material fee for expendable items. Please check with Visual Arts at 441-1227.

IF YOU HAVE AN IDEA FOR A CLASS,
PLEASE TELL US ABOUT IT!

In the event a holiday falls on a class date,
the time will be made up as scheduling permits.

Kids' Art



Kids' Art courses and activities are offered for children up to 17 years of age. Please register in advance, no later than 1 week before the first day of class. Participants provide their own art supplies unless otherwise stated. For more

information about registration, sites, or supplies, please call the Visual Arts office at 441-1227.

DID YOU KNOW?

The College Entrance Examination Board reports that students of the arts, whether music, drama, visual or other, consistently outscore non-arts students on both verbal and math portions of the SAT exams. The longer that art is studied, the reports show, the higher the overall SAT scores. Other studies have uncovered similar findings. For instance, test scores in reading, writing, and vocabulary doubled at one Los Angeles School after three years of an arts education pilot program; that school now has the highest scores in its district (taken from Port Folio Magazine, April 18, 1995).

Preschool Fun

DOODLE DANDY ART CAMP/AGES 2-3 YEARS 5-WEEKS & TAILORED FOR TODDLERS!

Join our class if you like Visual Arts, Music and Storytelling! Paint on a large canvas while listening to music, indulge in icky sticky squishy clay sculpture, puppet making, and more. Whirls of fun and specifically tailored for silly willy toddlers. (Class size limited, ages 2-3 years). Participants must be accompanied by an adult. Instructor: Leigh Babcock

Activity #	Site	Day	Time	Date	Fee	NR Fee
267841 01	Visual Arts	Sa	10:00am-11:00am	2/12-3/12	\$30	\$40

THE SCRIBBLE AND DRIBBLE CLUB/AGES 2-4

Painting and drawing comes naturally to children, and this class is a place where finger painting, scribbles and dribbles are all encouraged! Join us for an exploration of painting and drawing geared for younger children. 3 weeks' supplies included. Participants must be accompanied by an adult. Instructor: Shara Wertz. (Class limit 6, ages 2-4)

Activity #	Site	Day	Time	Date	Fee	NR Fee
267848 02	Visual Arts	W	2:00pm-3:00pm	1/5-1/19	\$25	\$35

Youth 7 And Under

MISH-MOSH PAPER MACHE/AGES 4-7

Whether you choose to make a puppet or a sculpture of your favorite animal or person, paper mache is an ooey gooey good time. Don't miss out on the fun! 3 weeks' supplies included. Instructor: Shara Wertz. Class limit 8.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267853 01	Visual Arts	Th	5:00pm-6:00pm	1/13-1/27	\$25	\$35

MY FIRST PIGGY BANK/AGES 4-7

This is the perfect class to introduce your younger child to the fun and pure joy of working with clay. We'll focus on designing, constructing and decorating our own piggy banks by using simple-to-follow hand-building techniques. 3 weeks' supplies included. Instructor: Shara Wertz. Class limit 6.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267842 01	Visual Arts	Th	5:00pm-6:00pm	2/10-2/24	\$25	\$35

Youth 8 And Over

CARTOONING/AGES 8-17



and figures--all of these in a language most children love...cartoon comics. Please call for supply list. Instructor: Bernard Conda.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267840 01	Visual Arts	Tu	4:30pm-5:30pm	1/4-3/8	\$30	\$40

Cartoon drawing is a great way for children to learn the basics of drawing. It can teach them the fundamentals of basic design through the use of circles, squares and rectangles in constructing basic forms

PAINTING & DRAWING/AGES 8-17

There's a world of color and texture, line and shape just waiting to be discovered, and painting and drawing is a great way to find it! This class is open to all levels of experience and interest, whether you like to be loose and expressive or smooth and precise. Class is limited to 8 children ages 8 and up. Please call for supply list. (8-weeks' course) Instructor: Shara Wertz

Activity #	Site	Day	Time	Date	Fee	NR Fee
267848 01	Visual Arts	Tu	4:00pm-6:00pm	1/4-2/22	\$45	\$55

NEW!

DIGITAL PHOTOGRAPHY/AGES 13-17

PRIVATE LESSONS/DIGITAL PHOTOGRAPHY AND ADOBE PHOTOSHOP FOR TEENS!

Enjoy Digital Photography at the Visual Arts Center. Learn how to use a digital camera, take interesting photographs, format photographs for e-mail, and have fun with special graphic effects. Learn how to scan photographs and create scannograms. Digital Photography will be taught using Adobe Photoshop. Participants are required to bring a digital camera and digital photo paper. (5-weeks' course)

Activity #	Site	Day	Time	Date	Fee	NR Fee
267823 13	Visual Arts	Tu	4:00pm-5:00pm	1/4-2/1	\$125	\$135

YOUNG PHOTOGRAPHERS' CLUB/ AGES 8-17

Be a young Ansel Adams! Bring along your 35mm instant camera and film—a fancy camera is not required. A fun class for learning photographic composition. How do you see the world? Development of film is the responsibility of the student. Ages 8 and up. 8 weeks' course. Instructor: Joan Grosch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267862 02	Visual Arts	F	4:00pm-5:00pm	1/7-2/25	\$30	\$40

Home Learners

HOME LEARNERS/MULTI-MEDIA PHOTOGRAPHY/AGES 12-17

35mm cameras provided! Explore photography outside the darkroom. Take your photographs on a wild adventure. Change your photos into groovy drawings, paintings, and crazy wild sculpture. Participants are required to bring along one roll of 35mm film. (5-weeks'session.) Class limited to 4 participants, ages 12 & up. Instructor: Leigh Babcock

Activity #	Site	Day	Time	Date	Fee	NR Fee
267860 04	Visual Arts	Th	2:00pm-3:00pm	2/15-3/15	\$30	\$40

Visual Arts

HOME LEARNERS/ POTTERY ON THE WHEEL/AGES 8-17

For beginning students, this class is an introduction to pottery on the wheel. Learn about form, tools, techniques, glazes, and safe studio practices. Returning students will learn to alter forms and to explore a variety of decorating techniques. Only work produced during class will be fired. Class is limited to 6 children ages 8 and up. (8-weeks' course) Call for supply list. \$5 glaze fee included below. Instructor: Shara Wertz.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267860 02	Visual Arts	M	10:00am-12:30pm	1/3-2/21	\$55	\$65



What's Cookin' At Visual Arts

CLARICE'S KITCHEN!

Clarice brings you decades of experience, secret ingredients, and a talented cook's touch. Good looking and looking good, her foods invite, beckon, capture your taste buds, and put a smile on your face. Enjoy as she shares her bounty with you.

TEENS ONLY Ages 13-19

PASTA PARTY – AGES 13-19

Try making a delicious cold pasta salad, with fresh crisp veggies and special dressings Make a hot pasta dish using the same ingredients.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267852 01	Visual Arts	W	6:00pm-8:00pm	1/12	\$8	\$13

PIZZA PIZZAZZ – AGES 13-19

Let's make some homemade pizzas with all your favorite toppings and sauces!

Activity #	Site	Day	Time	Date	Fee	NR Fee
267852 02	Visual Arts	W	6:00pm-8:00pm	1/26	\$8	\$13

EASY AND PERFECT CHOCOLATES – AGES 13-19

Make some mouth-watering and tasty chocolate candy for all occasions. Use all types of molds to make your choice of chocolate candy. Quick and easy fun.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267852 03	Visual Arts	W	6:00pm-8:00pm	2/9	\$8	\$13

PARTY DRINKS – AGES 13-19

Make fun and fancy drinks for some of your special crew. Use assortments of fruits, ice cubes with candy and fruits, sugar-coated grapes—all to jazz up things.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267852 04	Visual Arts	W	6:00pm-8:00pm	2/23	\$8	\$13

CLARICE'S KITCHEN FOR KIDS!

Clarice's interest in cooking began when she was a child growing up in Philadelphia. She started at such a young age that she needed a step-stool to reach the top of the stove; now that's determination and joy! Encourage your children to create in the kitchen, and enjoy one of life's finest pleasures... good food and good company.



Pre-Schoolers – Ages 3-6

MUSIC, MUSCLES, AND MAGIC COOKIES – AGES 3-6

Little ones, have some fun playing musical games and participating in a mister and miss muscle contest. At the very end of the class, how about decorating some magical cookies?

Activity #	Site	Day	Time	Date	Fee	NR Fee
267852 05	Visual Arts	W	10:00am-11:00am	3/2	\$7	\$12

SPONGY CARTOON FOODS-AGES 3-6

Grilled sandwiches and soup. Let's talk about Sponge Bob and have some treats. Just for the fun of it, wear your favorite yellow clothes since yellow is the favorite color of Sponge Bob.

Activity #	Site	Day	Time	Date	Fee	NR Fee
267852 06	Visual Arts	W	10:00am-11:00am	3/16	\$7	\$12

== Vivian C. Mason Arts And Technology Center

Computer Classes

MICROSOFT BASIC 101

This course is an introduction to the computer, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer in more ways than just playing games. Basic typing skills will be developed using interactive typing programs. The safe and moral uses of the Internet will be explained, demonstrated, and emphasized. Call 441-1035 for additional information. Adults 18-99. There will a maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268846-01	VCM	M	6:00-8:00pm	1/10-3/14/05	\$45	\$55



MICROSOFT BASIC 102

Learn to use such productivity programs as MS Word, Excel, PowerPoint, and MS E-mail (Outlook, Outlook Express). This course focuses on tasks related to properly maintaining an operating system, correctly loading and unloading programs/drivers, the organization of the file system, and the construction of logical procedures to facilitate effective basic system troubleshooting. Keyboarding skills will be taught to use interactive typing programs and group typing sessions. Students will also be challenged to successfully disassemble and re-assemble complete computer systems to include installation of software and connection to the network. Adults 18-99. There will be a maximum of 10 students.

Activity#	Site	Day	Time	Date	Fee	NR Fee
268847-02	VCM	W	6:00-8:00pm	1/12-3/16/05	\$45	\$55

SENIOR BEGINNERS COMPUTER

This course is an introduction to computers, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer and not be afraid. Basic typing skills will be developed using interactive typing programs. Learn how to surf the Internet for information. Adults 55-99. There will be a maximum of 10 students.

Activity#	Site	Day	Time	Date	Fee	NR Fee
268848-01	VCM	Tu&Th	10:30am-12:30pm	1/11-3/17/05	\$25	\$35

SENIOR INTERMEDIATE COMPUTER

Learn to use such programs as MS Word, Excel, and E-mail (Outlook, Outlook Express). This course focuses on tasks related to properly maintaining an operating system by correctly loading and unloading programs/drivers, the organization of the file system, and construction of logical procedures to facilitate effective basic system troubleshooting. Adults 55-99. There will be a maximum of 10 students.

Activity#	Site	Day	Time	Date	Fee	NR Fee
268849-02	VCM	M&W	10:30am-12:30pm	1/10-3/16/05	\$25	\$35

YOUTH & TEEN COMPUTER

This course is an introduction to the computer, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer in more ways than just playing games. Basic typing skills will be developed using interactive typing programs. Safe and moral uses of the Internet will be explained, demonstrated, and emphasized. Ages 9-17, there will be a maximum of 10 students.

Activity#	Site	Day	Time	Date	Fee	NR Fee
268850-01	VCM	W	3:30-5:30pm	1/12-3/16/05	\$45	\$55

VIVIAN C. MASON CENTER BECOMES HOME TO THEATRE COMPANY FOR THE SECOND YEAR

The Church Street NuSenSaTions Youth Theatre Company meets Mondays and Wednesdays from 3:30 p.m.-5:30 p.m. at the Vivian C. Mason Arts & Technology Center, located at 700 E. Olney Road. The company provides a fun and enlightening theatre experience for youth 8 to 17 years old.

Vivian C. Mason Arts And Technology Center

HARDWARE PREPARATION FOR COMPTIA A+ CERTIFICATION

Designed to introduce the beginning computer user/technician to the functional parts of the computer and develop the knowledge of proper hardware installation and troubleshooting techniques necessary to successfully complete the hardware domain of the A+ Certification test. Course material needed: COMPTIA A+ Certification book. Ages: 18-99.

Maximum of 3 students

Activity#	Site	Day	Time	Date	Fee	NR Fee
268851-01	VCM	Tu&Th	6:00-8:00pm	1/11-3/17/05	\$50	\$80

HOME SCHOOL BEGINNER COMPUTER SKILL BUILDING

This course is an introduction to the computer, its parts, and basic maintenance. The focus of the class will be to expose and encourage the beginner user to work with the computer in more ways than just playing games. Basic typing skills will be developed using interactive typing programs. The safe and moral uses of the Internet will be explained, demonstrated, and emphasized. Call 441-1035 for more information. Grades 4-6, there will be a maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268852-01	VCM	Tu	12:30-2:30pm	1/11-3/15/05	\$45	\$55

HOME SCHOOL INTERMEDIATE COMPUTER SKILL BUILDING CLASS

Learn to use such productivity programs as MS Word, Excel, PowerPoint, and MS E-mail (Outlook, Outlook Express). This course focuses on tasks related to properly maintaining an operating system, correctly loading and unloading programs/drivers, the organization of the file system, and troubleshooting. Keyboarding skills will be taught by using interactive typing programs and group typing sessions. Students will also be challenged to successfully disassemble and re-assemble complete computer systems to include installation of software and connection to the network. Grades 7-12, there will be a maximum of 10 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268853-02	VCM	Th	12:30-2:30pm	1/13-3/17/05	\$45	\$55

FREE TUTORING AVAILABLE!

Anyone wishing to receive scholastic tutoring can attend free sessions on Tuesdays and Thursdays from 3:30 pm - 5:30 pm and on Saturdays from 10:00 am to 2:00pm at the Vivian C. Mason Arts & Technology Center.

Photography Classes

PHOTOGRAPHY/BEGINNERS INTRODUCTION TO BLACK & WHITE PHOTOGRAPHY

The Vivian C. Mason Center is pleased to open the doors to our dark room. Exposure, shutter speed, aperture, and depth of field are made easy and enjoyable. Get to know your camera. A great print comes from a great negative. Learn about the exciting process of developing negatives and printing a photograph from that negative. Learn about the use of filters, the camera lens, flash, tripod, light, cables, and technical care of negative prints. Special techniques include "dodging" and "burning." Studio time included during class. Safety maintenance will be emphasized. 35mm camera required. Please call for supply list. Ages 10-99.

Activity#	Site	Day	Time	Date	Fee	NR Fee
268854-01	VCM	Th	6:00-8:00pm	1/13-3/17/05	\$125	\$135

DIGITAL PHOTOGRAPHY

Introduction to the operation of a digital camera and learn the techniques of lighting, angles, etc. Also, you will learn how to use the computer to download and print. Learn the types of paper to print the picture on. This class is for ages 13-99 for 4 weeks, maximum of 4 students

Activity #	Site	Day	Time	Date	Fee	NR Fee
268855-01	VCM	W	6:00-8:00pm	1/12-3/16/05	\$65	\$85

Pottery Classes Adult

HAND BUILDING AND SCULPTURE

Learn to construct clay containers, such as bowls, boxes, garden pots and more. Create sculptures by hand. Use the coil, slab, drape and pinch techniques, and learn finishing and glazing. Only work produced in class will be fired. Ages are 18 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268856-01	VCM	M	6:00-8:00pm	1/10-3/14/05	\$45	\$55

Adult

HAND BUILDING AND SCULPTURE

Learn to construct clay containers, such as bowls, boxes, garden pots, and more. Create sculptures by hand. Use the coil, slab, drape and pinch techniques, and learn finishing and glazing. Only work produced in class will be fired. All students must register and pay Pottery Supply Fee (see below). Ages: are 18 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268857-02	VCM	Tu	10:00am-12:00pm	1/11-3/15/05	\$45	\$55

== Vivian C. Mason Arts And Technology Center

THROWING ON THE WHEEL/ BEGINNER

Student will learn to throw graceful pottery forms on the wheel. Lessons include centering, creating the cup, vase and bowl forms, adding handles, trimming, finishing and glazing. Only work produced in class will be fired. All students must register and pay Pottery Supply Fee (see below). Ages: 18 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268858-01	VCM	W	6:00-8:00pm	1/12-3/16/05	\$50	\$60

Youth

HAND BUILDING AND SCULPTURE

Learn to create sculptures and construct clay containers, such as pots, bowls, boxes, and more by hand. Lessons include visualizing and creating various types of forms using the coil, slab, drape and pinch techniques, finishing and glazing. Teaches planning and preparation, creative design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Ages: 8 -17.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268859-01	VCM	Tu	3:30-5:30pm	1/11-3/15/05	\$45	\$55

THROWING ON THE WHEEL/BEGINNER

Learn to throw graceful pottery forms on the wheel. Lessons include centering, creating the cup, vase and bowl forms, adding handles, trimming, finishing and glazing. Will teaches creative and aesthetic design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Ages: 12-17, Maximum of 6 students

Activity #	Site	Day	Time	Date	Fee	NR Fee
268860-01	VCM	Th	3:30-5:30pm	1/13-3/17/05	\$50	\$60

Home School

HANDBUILDING AND SCULPTURE

Learn to create sculptures and construct clay containers, such as pots, bowls, boxes, and more by hand. Lessons include visualizing and creating various types of forms using the coil, slab, drape and pinch techniques, finishing and glazing. Teaches planning and preparation, creative design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Grades 8-17, Maximum of 6 students.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268861-01	VCM	M	12:00-2:00pm	1/10-3/14/05	\$45	\$55

THROWING ON THE WHEEL

Learn to throw graceful pottery forms on the wheel. Lessons include centering, creating the cup, vase and bowl forms, adding handles, trimming, finishing and glazing. Teaches will creative and aesthetic design, how to work with the media, attention to detail, and personal expression. All students must register and pay Pottery Supply Fee (see below). Ages: 12-17. There will be a maximum of 6 students per class.

Activity #	Site	Day	Time	Date	Fee	NR Fee
268862-01	VCM	M	2:30-4:30pm	1/10-3/14/05	\$50	\$60



POTTERY SUPPLY FEE

All pottery students are required to register and pay a supply fee to cover the cost of clay and glazes, which are provided to the students. This fee must be paid at the time of registration. Beginners are charged \$20.00 to cover both clay and glazes. Advanced students, who generally produce more work, may either pay \$20.00 to cover only the cost of glazes if they wish to bring their own clay or \$30.00 to use both clay and glazes provided by the center. In addition, all adult students will need to buy a Pottery Tool Kit, which is available at local art or pottery suppliers.

Activity #	Class Status	Fee
268828-20	Beginners (clay & glazes) or Advanced (glazes only)	\$20
268828-20	Advanced (clay & glazes)	\$30
268838-22	Youth & Teen Supply Fee	\$20

Class Registration Form

Winter 2005 Registration Form

PLEASE PRINT AND FILL OUT COMPLETELY.

Emergency contact information _____

Adult, Parent, or Guardian _____

Please let staff know if there is any critical information we should know about you.

Address/City/Zip Code _____

Phone Numbers (Day) _____ (Evening) _____

Activity Number	Participant's Name Last First	Birth Date Mo/Day/Yr	Sex	Activity Name	Site	Day/Time	Total Fee
TOTAL AMOUNT ENCLOSED							<input type="text"/>



Should you need special accommodations that will enable you to participate in our activities, please call 441-1764 (V/TDD).

Make checks payable to
Norfolk City Treasurer

NO CASH ACCEPTED

Form of Payment: () Check () Money Order

Check/Money Order # _____

Fee = Norfolk Resident

NR Fee = Resident of other cities

Winter 2005 Registration Form

PLEASE PRINT AND FILL OUT COMPLETELY.

Emergency contact information _____

Please let staff know if there is any critical information we should know about you.

Adult, Parent, or Guardian _____

Address/City/Zip Code _____

Phone Numbers (Day) _____ (Evening) _____

Activity Number	Participant's Name Last First	Birth Date Mo/Day/Yr	Sex	Activity Name	Site	Day/Time	Total Fee
TOTAL AMOUNT ENCLOSED							<input type="text"/>



Should you need special accommodations that will enable you to participate in our activities, please call 441-1764 (V/TDD).

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Norfolk City Treasurer

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Neighborhood Service Centers

Neighborhood Service Centers

Norfolk's Neighborhood Service Centers have been transitioned to the Department of Neighborhood and Leisure Services (NLS), and are now under the Neighborhood Services Division.

The vision of all Neighborhood Service Centers is to enhance the quality of services, programming and service related activities to ensure Norfolk citizens live in healthier and safer neighborhoods. Each Neighborhood Service Center is committed to quality customer service and building stronger neighborhoods.

Neighborhood Service Centers, previously referred to as multi-service centers, are strategically located throughout the city to provide quality service delivery of health, educational, recreational, and social programs to Norfolk citizens.

Currently, there are four Neighborhood Service Centers to serve Norfolk citizens and the Ocean View Permit Office that serves as a resource center of information and referrals for citizens living in the northern section of the city.

Berkley Neighborhood Service Center

925 South Main Street, Norfolk, VA 23523
664-6450

Huntersville Neighborhood Service Center

830 Goff Street, Norfolk, VA 23504
664-7400

Park Place Neighborhood Service Center

606 West 29th Street, Norfolk, VA 23508
664-7500

Little Creek Neighborhood Service Center

7665 Sewells Point Road, Norfolk, VA 23513
664-6300

Ocean View Project Team

8132 Shore Drive, Norfolk, VA 23518

Hours of Operation are:

Monday and Tuesday	--	9:00am - 5:00pm
Wednesday	--	9:00am - 3:00pm
Thursday and Friday	--	9:00am - 5:00pm

Neighborhood Service Centers are open from 8:30 a.m. to 5:00 p.m. Monday-Friday, with extended evening hours to facilitate community program needs. For more specific program information, call Joyce Henry, programs manager at 441-2400.

Neighborhood University

Neighborhood University

2002 International City Management Association Award Winner



PROMOTING COMMUNITY PRIDE AND EXCELLENCE!

The Neighborhood University is a community enrichment program, established in 1999 by the City of Norfolk's Department of Neighborhood and Leisure Services. It is dedicated to providing the highest quality training to citizens of Norfolk to improve the condition of neighborhood housing, the vitality of neighborhood organizations, and overall quality of community life. Courses are intended to engage, inform and equip citizens with the training and technical assistance needed to help build the capacity of residents to be better advocates for their communities. The NU provides opportunities for networking and sharing practical ideas for problem solving, decision making and managing community development initiatives. This is achieved by cultivating community interest and neighborhood support, orienting citizens to specific policy issues and government practices, and informing citizens of available resources.

**ALL NEIGHBORHOOD UNIVERSITY COURSES
ARE FREE AND OPEN TO THE PUBLIC.**

The Division of Neighborhood Services works with Norfolk civic leagues and community groups to aid in self-governance, city-community collaboration, and critical communications.

To accomplish this task, Neighborhood Services uses the Neighborhood University program as a tool to build stronger neighborhoods in Norfolk. Neighborhood University offers a wide variety of courses that help build stronger and healthier neighborhoods through three important steps:

- 1) **SELF**-development: improve communication skills and strengthen leadership abilities
- 2) **COMMUNITY**-development: learn to work with others on common goals; build lasting community partnerships that benefit your neighborhood; increase membership and volunteerism
- 3) **RESOURCE**-development: discover and tap little-known resources for your community; understand City government processes and how to make them work for your neighborhood; receive critical community-improvement tools

Neighborhood University courses are free to the public and are taught by experienced community leaders.

Call the "NU Info Line" at 441-2400, x232 for additional course and enrollment information, or visit the Neighborhood University website at :
www.norfolk.gov/Neighborhoods/Services/university.asp

Fundamentals of Neighborhood Leadership

PART 1 - CITY & CITIZENS WORKING TOGETHER

What does it mean to be a community leader? This course is the first of a 3-part series designed to train citizens to identify the core values, qualities and skills required for effective leadership. This introductory course allows participants to meet and greet city officials and staff as well as gain knowledge on the intricate workings of Norfolk city government. Course participants will learn how to maximize their own potential for personal and community empowerment.

Fundamentals of Neighborhood Leadership

PART 2 – BUILDING POWERFUL COMMUNITY PARTNERSHIPS

What does it mean to be a community leader? 'Fundamentals of Neighborhood Leadership' is a 3-part series designed to train citizens to identify the core values, qualities and skills required for effective leadership. Part 2 of this introductory course focuses on such issues as diversity, targeting and maximizing preexisting assets, youth involvement and regionalism. Participants are given a clear perspective on what truly goes into "Building Powerful Community Partnerships". The third part of this series will be offered in 2005 spring semester.

Fundamentals of Neighborhood Leadership

PART 3 – CIVIC ENGAGEMENT & COMMUNITY DEVELOPMENT

Prerequisite: Fundamentals of Neighborhood Leadership Part 2. This final part of Fundamentals of Neighborhood Leadership allows participants to put their community leadership skills into action with the lessons learned from parts one and two. After gaining the key components of civic engagement, participants gain hands-on experience by working together on a 4-week community project.

Basic Grant Writing

This two-day course provides detailed instruction on the grant writing process and includes the examination of resources and evaluation of grant applications and guidelines. The informal workshop atmosphere allows participants to ask questions and work one-on-one with the instructor to become successful grant writers.

Advanced Grant Writing

Prerequisite: Basic Grant Writing. This two-part course prepares participants for critiquing and revising grant applications and reviews some common reasons that grant proposals are rejected. An instructor-led roundtable allows for practice proposal writing and individual assistance with the grant writing process. Participants will also have the opportunity to discuss and evaluate a grant proposal they are writing or have written in the past.

Unleashing The Power of Personality

How can understanding your personality type enhance your leadership ability? This class uses Myers-Briggs Type Indicator (MBTI) to empower students to focus the strength of their individual personality type in building valuable partnerships. MBTI is a self-report personality inventory designed to give people information about their psychological type preference. It leads students to a greater understanding of how they can utilize this knowledge to become more effective leaders in their neighborhoods and everyday lives



Public Speaking Mastery

Improve your public speaking skills with this one-day course designed to train participants to communicate with credibility. Learn to assess your audience; arrange your speech and thoughts logically; use pacing, tone and gestures to capture and maintain interest; present an image of confidence and competence; and sell yourself and your ideas successfully.

Dealing with Difficult Neighborhoods

This one-day seminar explores difficult human behaviors. Participants will learn simple and effective techniques to deal with frustrating behaviors.

Neighborhood University

P.L.A.N.N. Protecting Lives in Norfolk Neighborhoods

The P.L.A.N.N. course has been developed to increase the chances of safety and survival for citizens in the event of natural disaster, terrorist attack or nationwide biological, chemical, and nuclear emergencies. The course will also provide general guidelines and knowledge that better prepare participants to deal with safety issues that may occur in their lives.

P.L.A.N.N. is the only emergency preparedness course of this nature being offered to citizens in the Hampton Roads vicinity that equips each course participant with the information and resources to devise an individual plan of action.

Landscaping For The Bay

As part of the Neighborhood University, the Norfolk Environmental Commission is offering a four-session workshop for local residents on watersheds and the role of plant communities on water quality. As the human population increases in the Chesapeake Bay watershed, additional strains are placed on natural resources. The series will focus on landscaping techniques that work with natural processes to minimize harmful effects on water quality.

Understanding Environmental Codes 101

Help create and maintain safe and healthy communities, expand cooperative efforts, enhance community-oriented government and work toward environmental code awareness and enforcement. Skills such as partnership building, prevention tactics and problem solving are all essential tools that will be taught in a supportive atmosphere. Various city agencies will facilitate discussions.

Understanding Environmental Codes 201

Prerequisite: Understanding Environmental Codes 101. This advanced course is designed to develop citizens in three major ways. First, by enhancing students' understanding of the roles of citizens, neighborhood groups, and government in resolving community problems. Second, by building skills in recognizing and analyzing neighborhood problems and ways to create and implement solutions. Third, by further strengthening teambuilding skills to enhance problem solving partnerships between citizens and City staff.

Improving Neighborhood Health

Prerequisite: P.L.A.N.N. (Protecting Lives And Norfolk Neighborhoods) This series of training is designed to prepare citizens for roles in the newly developed Norfolk CERT (Community Emergency Response Team) program. Course participants will be empowered to improve and protect their individual health as well as those around them. Official certification for First Aid and CPR/AED will be provided.



Civic Board Development

Give your civic association or neighborhood a boost. Enhance the skills, knowledge and tools of your board members. Civic Board Development is a two-day customized, comprehensive training course designed to accommodate the unique goals and resources of neighborhood associations such as civic leagues. Topics will include governance, meeting facilitation, group dynamics and communication.

Neighborhood University

REGISTRATION

To register, you must submit a completed registration form.
You may do so by:

1. **MAIL** your registration to Neighborhood University, Division of Neighborhood Services, 501 Boush Street, Norfolk, Virginia 23510;
2. **FAX** your registration to (757) 441-5423; or
3. **E-MAIL** your registration form from the Neighborhood University web site: www.norfolk.gov/neighborhoods/services/university.asp.

OFFICIAL USE ONLY		
Received By:		Date:
COURSE	ACC	DEC
Referred by:		

REGISTRATION FORM

Incomplete registration forms will NOT be accepted.

Personal Information

Mr.	Ms.	Mrs.	Full Name:		
Street Address:			Daytime Phone:		
City:		Zip:	Evening Phone:		
Neighborhood:			E-Mail:		
Are you a Civic League Member?			Civic League Officer?		
Current Occupation:					
Are you in need of disability amenities?					
How did you hear about Neighborhood University?					

Neighborhood University Course Requests

Course Title:	Course Date(s):
How do you plan to use the knowledge gained from this course...	
Course Title:	Course Date(s):
How do you plan to use the knowledge gained from this course...	
Course Title:	Course Date(s):
How do you plan to use the knowledge gained from this course...	

Additional registration forms are available by photocopying or calling (757) 441-2400. Please note that registration information will not be accepted over the phone. Also, **REGISTRATIONS WILL NOT BE ACCEPTED PRIOR TO THE BEGINNING REGISTRATION DATES LISTED FOR EACH COURSE.**



Norfolk Division of Neighborhood Services
Is now recruiting volunteers for the following
programs and opportunities...

- ☐ Neighborhood University
- ☐ 2005 Virginia Statewide Neighborhood Conference
- ☐ Neighborhood Pride Tours
- ☐ Special Events/Special Projects
- ☐ Marketing & Promotion
- ☐ Database Maintenance & Development

All volunteers are welcome!

Please call for more information

441-2400



Norfolk Department of Neighborhood and Leisure Services

SENIOR CITIZENS' SWEETHEARTS ON PARADE



Thursday, February 10, 2005

1:00 – 3:30 P.M.

Fairlawn Community Center

1014 Kempsville Road

Norfolk, Virginia 23502



Registration Deadline

Thursday, January 25, 2005

Please contact Jean Saunders at 441-2109 for additional information.

If you have a hearing impairment, please utilize the Virginia Relay Center at 1-800-828-1120.



Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Neighborhood and Leisure Services. If you require any special accommodations, call 441-2109 seven days prior to the event.



**NORFOLK DEPARTMENT OF NEIGHBORHOOD AND LEISURE SERVICES
DIVISION OF RECREATION AND COMMUNITY SERVICES**

SENIOR CITIZENS' HOLIDAY BALL

**FRIDAY, DECEMBER 10, 2004
6:00 P.M. – 9:00 P.M.**

**TITUSTOWN RECREATION CENTER
7545 DIVEN STREET
NORFOLK, VIRGINIA 23505**



**REGISTRATION DEADLINE:
TUESDAY, NOVEMBER 23, 2004**

Please contact Jean Saunders at 441-2109 for additional information. If you have a hearing impairment, please utilize the Virginia Relay Center at 1-800-828-1120.

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Neighborhood and Leisure Services. If you require any special accommodations, please call 441-2109 seven days prior to the event.

Volunteer Registration Form

Volunteer Program Registration

NORFOLK DEPARTMENT OF NEIGHBORHOOD & LEISURE SERVICES,
DIVISION OF RECREATION & COMMUNITY SERVICES

Please print.

Name _____

Address _____

City _____ Zip _____

SS or Drivers License # _____

Home Number () _____ Work Number () _____

Date of Birth / / Female Male

Hobbies/Activities _____

Skills/Abilities _____

Medical Data _____

In Case of Emergency Please Contact _____

Home Number () _____ Work Number () _____

By my signature below, I am registering as a volunteer with the Norfolk Department of Neighborhood and Leisure Services, Recreation and Community Services Division. I hereby release the City of Norfolk, its employees, agents, officers, and officials for any and all injuries or property damage, which may arise out of my volunteering. I also understand that this application is subject to local and national criminal background check and that by providing false information I may be subject to legal prosecution on behalf of the City of Norfolk.

SIGNATURES

Youth aged 16 years and under require and authorizing signature from a parent or guardian.

Volunteer _____ Date _____

Site Supervisor _____ Date _____

VOL Coordinator _____ Date _____

Please complete and sign form. Submit form to Center Supervisor or send to: Dawn Florio, 501 Boush St., Norfolk, Va. 23510

What Times And Days Are You Available To Work? Please Circle All That Apply

MONTHS: JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

WEEKS: 1 2 3 4 5

Please Check All Times That You Will Be Available For Assignments

TIMES:	7	8	9	10	11	12	1	2	3	4	5	6	7
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													



Neighborhood & Leisure Services CUSTOMER SATISFACTION COMMENT CARD

Building stable, healthy and livable neighborhoods!

CHECK THE SERVICES THAT APPLY:

- | | |
|---|--|
| <input type="checkbox"/> Recreation Facility | <input type="checkbox"/> Neighborhood Improvement Services |
| <input type="checkbox"/> Recreation Programming | <input type="checkbox"/> Street Tree Trimming/Maintenance |
| <input type="checkbox"/> Housing Code Enforcement | <input type="checkbox"/> Grounds/Park Maintenance |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Other _____ |

PLEASE RATE THE FOLLOWING:

	Excellent	Good	Fair	Poor
1. Courteous Staff				
2. Responsive Staff				
3. Quality of Programs				
4. Quality of Service				
5. Programs and/or services...				
a. Delivery				
b. Content				
c. Impact				
d. Awareness				
6. Appearance and cleanliness of...				
a. Facilities				
b. Staff				
c. Equipment				
7. Accessibility...				
a. Facilities				
b. Staff				
c. Equipment				
8. Convenience of Hours				
9. Convenience of Facility				
10. Were you previously aware of the programs and services provided by this Department? YES or NO				

HELP US IMPROVE SERVICES!

Suggestions/Comments/Concerns:

OPTIONAL:

Name _____

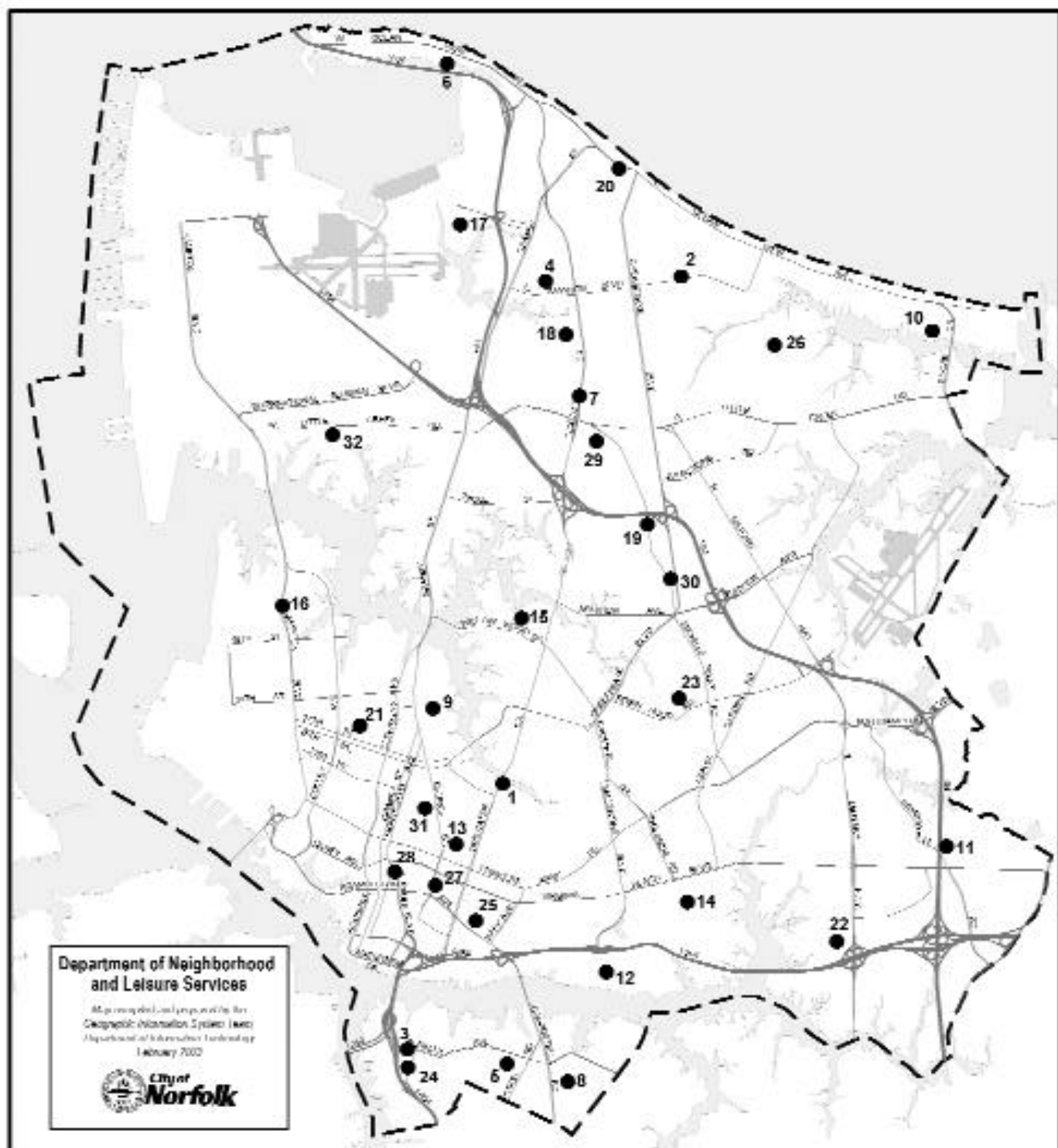
Zip code _____

Date and time of visit _____

Would you like to be contacted? Yes or No

Address _____

Phone # _____



1	Urmah Park	1048 Vista Avenue	441 2/8/	16	Larchmont Recreation Center	1167 Bolling Avenue	441 5411
2	Bayview Recreation Center	9513 Willow Terrace	441 1625	29	Little Creek Neighborhood Service Center	1955 Sawdell Point Road	554 5300
3	Berkley Community Center	121 W. Liberty Street	441 1912	17	Martinez Landing Recreation Center	8909 Monitor Way	441 1/03
24	Berkley Neighborhood Service Center	925 S. Main Street	664 5450	18	Northside Pool	8400 Tidewater Drive	441 1700
5	Camptolla Center	1117 Locke Street	441 1974	19	Norfolk Community Center	6800 Sawdell Point Road	441 5836
6	Castalia Quarters	800 Little Bay Avenue	441 1715	20	Ocean View Senior Center	600 E. Ocean View Avenue	441 1707
31	Church Street Community Market	18th Street & Church Street	441-2149	21	Park Plaza Community Center	606 W. 75th Street	664-7531
7	Cranebeak Recreation Center	8044 Tidewater Drive	441-1769	21	Park Plaza Neighborhood Service Center	606 W. 75th Street	664-7500
8	Digby Town Recreation Center	1401 Main St	441-1975	22	Pepper Hills	5223 Public Lane	441-5223
9	Francis Morgan Environmental Center	3500 Country Street	441-1947	23	Sherwood Forest Community Center	4537 Little John Drive	441-5824
10	Food Co-op View Community Center	9520 F. 20th Day Street	441-1785	24	Southside Senior Center	905 S. Main Street	664-8184
11	Twicken Recreation Center	1014 Kenosha Road	441-5870	25	Special Events	738 Cedric Street	441-5171
30	Five Points Community Market	8314 Sawdell Point Road	441-2149	26	Urmah Community Center	2100 Larchmont Drive	441-1705
12	Grandy Village Recreation Center	3017 Kestrel Avenue	441-3856	1	Theapeutic Recreation Center	1811 Larchmont Street	441-1761
13	Huntersville Community Center	830 Goff Street	664-1430	17	Urmah Recreation Center	2545 Ocean Street	441-1769
	Huntersville Neighborhood Service Center	830 Goff Street	664 1400	32	Visual Arts	1745 Ocean Street	441 1227
	Huntersville Pool	830 Goff Street	664 1431	27	Walter C. Mason		
14	Inglewood Recreation Center	915 Inglewood Road	441 5675	28	Arts & Technology Center	100 L. Olney Road	441 1036
15	Lakewood Athletic	1512 Willow Wood Drive	441 5834	29	Young Terrace Community Center	804 Whitaker Lane	441 2/34
	Lakewood Dance Music	1612 Willow Wood Drive	441-5833				

FACILITY USE CARDS

Get the card that is the key to Norfolk's recreation centers and pools—the Facility Use Card.

These cards must be presented upon entering a facility, for registration and attendance of fee-based classes, attending special events and meetings and for renting the facilities.

Proof of age and residency are required at time of purchase. Cards are valid for one year from the purchase date. Discounts are available for youth who receive A's and B's on their report card. No Norfolk youth will be denied a card based on need.

**Payments must be in the form of checks or money orders.
Payable to: Norfolk City Treasurer**

Cost of Facility Use Cards are:

\$ 5.00	5-17 years of age
\$10.00	18-64 years of age
\$50.00	Residents of other cities
\$ 2.00	Daily Guest Pass
\$ 3.00	Lost Card Replacement Fee

Family Plan:

\$12.00	One parent & one child
\$15.00	One parent & up to three children
\$20.00	Two parents & one child
\$25.00	Family of four or more

Facility Use Cards are issued at Lakewood Athletic Office, at 1612 Willow Wood Drive, (757) 441-5834.

The hours for issuing cards are:

Monday-Friday

11:30am – 1:30pm

6:00pm – 8:00pm

Saturday

9:00am - Noon